

DOING LIFE

Eating Disorder Group for Women



For many women, eating disordered behaviors are a way to feel better when life gets difficult or anxiety increases. This group focuses on developing insight into the purposes the behaviors serve, and learning better ways to cope with anxiety and stress. We will also explore social relationships and the connection to eating disordered behaviors, with a special emphasis on improving relationships with ourselves and others. Other topics

include:

- + *Developing a healthy relationship with food.*
- + *Increasing positive thoughts and decreasing negative experience.*
- + *Reducing obsessive thoughts about food and weight.*
- + *Gaining insight into triggers to eating disorder behaviors and how to manage them.*
- + *Increasing positive body and self-image.*
- + *Increasing social support.*
- + *Finding healthy ways to cope with anxiety.*

WEDNESDAYS
6:00PM – 7:30PM

\$60.00 per group session
(free initial consultation required)

Terryann Sanders

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About the facilitator: Terryann Sanders has been in private practice since 2003. She obtained specialized training in eating disorders by completing the eating disorder certificate program at JFK University in April 2006. She is a member of IAEDP, AED, NEDA, and CAMFT. Terryann served on the board of directors of SCV-CAMFT for 5 years, and is a past president. She is currently in private practice in San Jose, where she provides consultation for peers, supervises interns, and specializes in working with families and individuals with eating disorders.