Outpatient Therapy Groups

Specialized group therapy options for individuals with eating disorders

Group therapy can be a great way to obtain additional support in the recovery process while also mastering beneficial new skill sets and practicing social interactions in a therapeutic setting. All groups are facilitated by licensed therapists. Provider referrals and self-referrals welcome.

COGNITIVE BEHAVIORAL THERAPY (CBT) for BODY IMAGE
10 sessions focused on a variety of body image topics (e.g. body checking, body avoidance, body comparison, emotional labeling, eating disorder mindset) and incorporates specific CBT skills with the goal of decreasing an individual’s preoccupation with weight and shape. Contact: Laura Sproch, Ph.D. at 410-427-3851

COGNITIVE BEHAVIORAL THERAPY (CBT) for ADULTS
The cognitive-behavioral model in practice. Topics rotate based on the needs of the group, with a strong focus on behavioral skills and making behavioral changes outside of group. Skills include self-monitoring, imagery, deep breathing, behavioral chain analysis, and problem solving. Contact: Laura Sproch, Ph.D. at 410-427-3851

COGNITIVE BEHAVIORAL THERAPY (CBT) for Adolescents
The cognitive-behavioral model in practice. Topics rotate based on needs of the group, with a strong focus on behavioral skills to make behavioral changes outside of group. Topics such as motivation to change, body image, self esteem, depression and anxiety will be covered. Contact: Lisa Butler, LCPC at 410-427-3873

DIALECTICAL BEHAVIORAL THERAPY (DBT) GROUPS
DBT is an evidence-based treatment composed of four modules: Mindfulness, Distress Tolerance, Emotion Regulation and Interpersonal Effectiveness. This group is open to adults, ages 18 and over, with or without an eating disorder. Contact: Craig Boas, LCSW-C at (410) 427-3879. Individuals or referring providers may call.

MOTIVATION TO CHANGE (MTC) THERAPY GROUP
A group for individuals 18 and over with an eating disorder. Participants will be asked to complete a full module (12 groups per module). At the beginning of each module, participants will assess their stage of change and identify next steps for implementing change. Contact: Rachel Hendricks, LCSW-C at 410-427-3862

INTERPERSONAL THERAPY GROUPS for ADULTS
This is a thematic, open-ended group in which members are encouraged to process current and past struggles in a way that improves insight into the role of the eating disorder in their life and provides an opportunity to develop strategies for moving toward recovery. Contact: David Roth, Ph.D. at (410) 427-3871.

DUAL DIAGNOSIS EATING & SUBSTANCE USE DISORDERS GROUP
10-week group with structured interventions that focus on building motivation to change as well as psychoeducation and the development of concrete skills to manage substance use disorder behaviors. Contact: Rachel Hendricks, LCSW-C at 410-427-3862

The Center participates with an extensive list of insurance providers; group therapy services can be billed through insurance or participants may choose to self-pay. Please call the contact listed by each group for current schedule and openings.

For more information about The Center for Eating Disorders, please visit eatingdisorder.org.