

# Download Eating Disorder Group Therapy Activities

Four Eating Disorder Therapy Activities & Exercises. The following eating disorder therapy activities were designed by Australian Art therapist and School Counsellor Sheree Sams who is also a contributing guest author here at Art Therapy. I'm an artist, art therapist and school counsellor – I've had some great success working with clients...In this article we describe general guidelines as well as a few examples of the experiential and structured interventions that we use when facilitating individual, group, and family therapy with eating disorder patients. The purpose of these experiential and structural interventions is to help patients explore the emotional relationship and spiritual issues associated with their...Read more

[Share Interpersonal Process Group](#). Individuals with eating disorders often refrain from expressing thoughts and feelings instead of openly discussing them. Process groups encourage individuals to share with others openly and honestly. The group emphasizes the importance of a non-judgmental attitude toward self and others, assertiveness, mutual support,... 'Flexible thinking group' for adolescents with anorexia nervosa – group manual [national.slam.nhs.uk archive.org](#)

'Overcoming disordered eating' is a self-help programme developed by the Centre for Clinical Interventions (Australia) [Link to part A](#) [Link to part B](#)