



## New to Myrtle Oak Clinic Group Focused Psychological Sessions



Our **“Mind, Body, Nutrition Connect”** groups are beneficial for adults who are living with disordered eating mindsets or clinical eating disorders such as Anorexia, Bulimia or Binge Eating Disorder.

**Mind, Body, Nutrition Connect** will be led by experienced clinicians who will guide you using evidence based therapies. Learn to distinguish between healthy and rational thoughts and the destructive thoughts of an eating disorder. Group content may include:

- Techniques for managing anxiety;
- Relaxation techniques and self care;
- Skills training including problem-solving skills, social skills and communication;
- Exploration of body image;
- Exploration of thought processes;
- Strategies to enhance motivation for recovery;
- Nutrition education including intuitive eating skills;
- Recovery maintenance.

**Mind, Body, Nutrition Connect** will be run as a closed group of between 6-10 people. In an effort to create a safe and cohesive environment, participants will be asked to commit to the full 6 week group program consisting of weekly 2 hour workshops. Medicare rebates available with appropriate GP referral.

**Mind, Body, Nutrition Connect** will support participants to develop skills that will allow them to create a new perspective on nourishing the body and mind in a relaxed, non-judgemental setting.

For more information please visit our website [www.myrtleoakclinic.com.au](http://www.myrtleoakclinic.com.au) or contact our team on 02 43 623 443.

\*Please note: group suitability criteria applies – more information is available on request.

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