



## Myrtle Oak Clinic - Newcastle Location Eating Disorder Recovery Group



Our **“Mind, Body, Nutrition Connect”** groups are beneficial for adults who are living with disordered eating mindsets or clinical eating disorders such as Orthorexia, 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, nutritional and energy needs for your body;
- Recovery maintenance.

**Mind, Body, Nutrition Connect** will be run as a small closed group of between 4-8 people. In an effort to create a safe and cohesive environment, participants will be asked to commit to the full 6 session group program consisting of fortnightly, 90 minute workshops. \*Medicare rebates may be available with appropriate GP referral for some sessions.

**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.

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