

COMPASSION-FOCUSED THERAPY (CFT) FOR EATING DISORDERS

What: 12 sessions of a **virtual CFT group for eating disorders**, with pre-group phone assessments June-Aug 2021.

When: Thursdays, 7-9pm, Sept 16-Dec 9, 2021. No grp Oct 14.

Where: Remotely via Microsoft Teams secure video platform

For Whom: Adults 18+ years old with prior or ongoing treatment for an eating disorder who feel they would benefit from learning how to be more compassionate with themselves

Led By: Clinical Psychology doctoral students (supervised by registered psychologist Dr. Allison Kelly) at the University of Waterloo Centre for Mental Health Research and Treatment (CMHRT)

Cost: \$30-50 per 2-hour (sliding scale)
Insurance receipts will be provided.

Next Steps: Pre-group phone assessments take place June-Aug 2021. Contact us ASAP to express your interest and/or to learn more about this and other treatment options at the UW CMHRT.

Interested? Contact Us:

Email: cmhrtintake@uwaterloo.ca

Web: uwaterloo.ca/mental-health-research-treatment/