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/