COMPASSION-FOCUSED THERAPY (CFT) FOR EATING DISORDERS

What: 12 sessions of a virtual CFT group for eating disorders, with pre-group phone assessments July-Aug 2020.


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)
Insurence receipts will be provided.

Next Steps: Pre-group phone assessments take place July-Aug 2020. 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:

Phone: 519-888-4567, x33842 (confidential voicemail)

Email: cmhrtintake@uwaterloo.ca

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