

Have you struggled with an eating disorder?

Compassion- Focused Therapy

We are offering an in-person compassion-focused therapy (CFT) group for adults with current or past eating disorders.

CFT is an empirically supported approach that promotes a deeper understanding of shame and self-criticism, and practical strategies to work with challenging experiences more compassionately.



Interested? Contact Us:

Email: cmhrtintake@uwaterloo.ca

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

When: **Wednesdays, 7-9pm, Sept 18 - Dec 11, 2024.** 12 weeks total. No session Oct 16.

Where: **UW Centre for Mental Health Research and Treatment (CMHRT)**, U Waterloo campus, PAS Building, 1st floor, Rm 1401.

Therapists: **Senior PhD students in clinical psychology** under the supervision of Allison Kelly, PhD, CPsych

Clients: **Adults aged 18+ with an eating disorder history** who are motivated to learn compassionate ways of understanding and working with shame and self-criticism. Students and non-students are welcome.

Cost: Sliding scale, **\$30-60 per session** (reimbursable with valid insurance).

Next steps: **Pre-group screening begins June 2024. Contact us ASAP to express interest in joining the group.** You will then receive an e-intake form, and we will follow-up with you shortly after that.