

COMPASSION-FOCUSED GROUP THERAPY (VIRTUAL) FOR ADULTS WITH AN EATING DISORDER HISTORY

GROUP FOCUS:	Compassion-Focused Therapy (CFT) for Adults with Eating Disorders (virtual)
DAY/TIME:	Wednesdays, 6:30-8:30pm
DATES:	Sept 24 to Dec 10, 2025 inclusive (11 sessions; no group on Oct 15) Pre-group screening takes place June-Sept
OFFERED BY:	University of Waterloo Centre for Mental Health Research and Treatment
GROUP LEADERS:	Senior Doctoral Students in Clinical Psychology
SUPERVISOR:	Allison C. Kelly, Ph.D., C. Psych.
MAXIMUM CLIENTS:	10

DESCRIPTION: [Compassion-focused therapy \(CFT\)](#) is an empirically supported treatment that was developed to help people who are typically very critical of themselves. It teaches individuals skills to manage their tricky minds more compassionately. This group will help clients better understand the origins and functions of their self-criticism and “eating disorder voice,” become more compassionate toward themselves, and gain new skills in how to better support and guide themselves through the courageous process of eating disorder recovery.

NOTE: *Although we will be working on eating disorder symptoms indirectly through our work on compassion, this group will NOT focus directly on eating disorder symptom management.*

Therapy will consist of weekly group sessions and home practices/assignments. The group structure is designed to enable clients to share common challenges and assist one another in the acquisition of new skills. Group members will learn to engage with difficult feelings within a safe and supportive environment. Clients most likely to experience meaningful, long-lasting changes are those dedicated and committed to prioritizing their treatment and to working on assigned home assignments/practices between sessions.

TREATMENT COST:

Sliding scale ranging from \$30 to \$60 for each 2-hour session.

Insurance receipts will be provided.

ELIGIBLE CLIENTS:

- ✓ currently have an eating disorder and/or are in recovery from an eating disorder **and**
- ✓ have received past treatment for their eating disorder or are currently in treatment **and**
- ✓ are currently medically stable and not experiencing a significant worsening of eating symptoms

Because the central focus of the group will NOT be on eating disorder symptom management, **clients may wish to view the group as an add-on to current eating disorder therapy** depending on their current symptoms

HOW TO REFER: Interested clients should contact cmhrtintake@uwaterloo.ca and *should say that they are interested in the Compassion-Focused Therapy Group.*

Spaces fill up quickly, so please refer potential clients ASAP. The screening process begins in June 2025 and continue until the group is filled. Participants must be able to commit in advance to attending therapy sessions at the stated times and dates.

OTHER IMPORTANT INFORMATION: Clients who express interest in participating will be contacted by CMHRT staff to arrange a more detailed assessment to determine their eligibility for the group. Non-eligible clients will receive recommendations regarding other treatment options. Upon entrance to the group, clients will be invited to enter a research study approved by UW Ethics in which they will complete self-report symptom questionnaires at each session, with all identifying information kept strictly confidential.