

Group Guidelines

As a participant in the educational/support group sponsored by T.H.E. Center for Disordered Eating, I agree to the following:

- The group will meet weekly, each Wednesday from 7:00–8:00 PM, unless it is necessary to cancel for bad weather or holidays. Weather cancellations are according to the AB Tech schedule as announced on radio or TV.
- There is no charge for the group.
- The purpose of the group is to support each other in recovery from disordered eating through learning recovery tools and coping skills that effectively promote wellness.
- Group attendance is open to any persons interested in supporting their recovery from an eating disorder. We strongly recommend that participants use the support group as an adjunct to individual or group therapy. The support group is in no way a substitute for individual therapy or a higher level of treatment.
- Each group member is responsible for his/her own recovery.
- The confidentiality of each group member will be respected. Any concerns regarding privacy will be discussed in the group.
- Each group member will be an active participant by listening attentively and discussing the subject matter with other group members, as appropriate.
- Group members are asked to avoid discussion or description of negative food behaviors, intense trauma experience, and numbers related to weight or size.
- The group will make all efforts to support each other in a positive manner, using respectful language and tone.
- Group members should share their own experience rather than give advice to others.
- Group members may share their phone numbers with each other at their own discretion.
- If group leaders are concerned about the health and well being of specific group members, they have the right to request that the individual/s seek additional support and/or a higher level of treatment in the community in order to continue to be involved in the support group.
- In order to encourage continuity of support for participants, group leaders will be in contact with each other to share information after each group meeting.
- If a group member states that they are at risk to harm themselves or others, the group leader will take any necessary action to insure safety.
- Concerns about an individual's health and safety will be communicated to the individual's therapist at the discretion of the Group Leader.
- Any questions or concerns regarding the support group may be communicated to THE Center's director at 828-337-4685, or thecenternc@gmail.com