



Eating Disorders Multifamily Therapy Group

Eating Disorders Multifamily Therapy Group is a group treatment that targets Eating Disorder clients and their families/significant others in an effort to help them see the impact of an eating disorder and recovery on their relationships and vice versa. This group also provides a forum in which a variety of people can use their collective resources to address the challenges, dilemmas, and disconnections associated with an eating disorder and recovery.

This group will run for 8-sessions and will meet weekly at BGC, 12 Health Services Drive, DeKalb IL. This group is powerful because it will promote a sense of universality and cohesiveness when clients and families quickly discover they are not alone in their experiences with the illness and recovery process. Mutual connections will be fostered as clients work towards increasing their ability and comfort level to honestly communicate what they are thinking and feeling. Family members and clients will practice being open to differences and in developing healthy ways to express them, which is very important in families who are struggling with an eating disorder, where there is often a general avoidance of conflict and a fear of honest expression.

Goals of this group include:

1. Build mutually empathic and empowering relationships among clients and their respective families.
2. Increase understanding regarding the impact of disconnections on the eating disorder and recovery.
3. Increase understanding regarding how the eating disorder promotes disconnection in relationships with others and obstructs recovery.
4. Increase understanding regarding the illness and stages and processes of change so families can interact with the client in ways to promote motivation for ongoing treatment.
5. Identify and challenge dysfunctional thoughts that interfere with recovery.
6. Develop and practice new coping strategies and relational skills that promote recovery.
7. Promote a sense of hopefulness and positive, healing energy that enables clients and families to remain connected and engaged in their recovery work.
8. Decrease isolation and expand families and clients social networks.

If you are interested in attending this group, please contact the facilitator, Fran Tierney at fran@bengordoncenter.org or call 815-756-4875 and speak with our admissions department to sign up.