

12- Session Dialectical Behavioral Therapy (DBT) Group for Bingeing and/or Purging
 Eating Disorders Clinical and Research Program
 Massachusetts General Hospital

Leaders: Kendra Becker, M.S. (617-643-8287)

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Meetings: Tuesday evenings 5:15-6:30pm

Location: MGH Eating Disorders Clinical and Research Program

2 Longfellow Place, Suite 200, Boston, MA 02114

Dates: January 10-April 4, 2017

“App” for Self-Monitoring: www.recoveryrecord.com

Recommended reading:

End Emotional Eating: Using Dialectical Behavior Therapy Skills To Cope with Difficult Emotions and Develop a Healthy Relationship to Food (by Jennifer Taitz)

Date	Agenda
January 10	1. Introduction to the group and DBT 2. Introduce mindfulness: Observe and describe the present moment
January 17	1. Rationale for “doing what works” and regular eating 2. Rationale for nonjudgmental stance and application to rigid food rules
January 24	1. Crisis survival strategies: Ways to tolerate extreme emotions/urges 2. Pros and cons of binge eating and purging
January 31	1. Radical acceptance: Stop fighting reality 2. Practice willingness: Doing what is needed wholeheartedly
February 7	1. Acceptance and change: Discuss weight and shape in self-evaluation 2. Reduce vulnerability to intense emotions
February 14	1. Introduce the DBT model of emotions 2. Mindfully observe and describe “feeling fat” and problematic emotions
February 21	1. Introduce problem-solving steps 2. Practice problem solving steps
February 28	1. Introduce acting opposite to emotional urges 2. Practice acting opposite to emotional urges
March 7	1. Interpersonal effectiveness: Discuss impact of social interactions 2. Objective effectiveness: Getting what you want/need/saying “no”
March 14	1. Relationship effectiveness: Keeping important relationships 2. Self-respect effectiveness: Keeping respect for yourself
March 21	1. How to prioritize objective, relationship and self-respect effectiveness 2. Practice integrating interpersonal effectiveness skills
April 4	1. Create personalized skill plans for maintaining gains 2. Discuss options for ongoing support and further change