### 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)  
Lazaro Zayas, M.D. (617-726-9068)

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

**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)

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| 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 |