SKILLS AND SUPPORT GROUP FOR PARENTS OF CHILDREN WITH AN EATING DISORDER

WHEN: Every Tuesday, START – March 8; END – April 26
TIME: 4:30 – 6:00PM
WHERE: Duke Center for Eating Disorders, 2608 Erwin Road, Ste 300, Durham
COST: $300 per family, ($150 paid per month). This is an educational series, not billable to insurance.
LED BY: Dr. Nancy Zucker, Center Director
MORE INFO: Phone or email Mary at 919.681.1631 or mary.kirkley@duke.edu

This is an 8-week group devoted to helping parents of children with anorexia nervosa, bulimia nervosa, binge eating disorder, or avoidant restrictive food intake disorder (ARFID). The focus is on education, support, and skills coaching.

While there is some focus on the “What” (education) about the nature of eating disorders, the main emphasis is on the “How” (moment-to-moment interactions between you and your child).

While we address skills to help in the immediate management of your child’s symptoms, we also spend a great deal of time addressing the factors that made your child vulnerable to develop an eating disorder in the first place.

TOPICS INCLUDE:

- Emotion awareness and Regulation
- Self-Care and Self-Parenting
- Behavioral Management: Performing a Functional Analysis of your Child’s Symptoms
- Process and Outcome: Role Modeling
- Process and Outcome: Communication
- Process and Outcome: Perfectionism
- Advanced Surfing of the Emotional Wave
- Review, Synthesis and Graduation