



# Eating Disorder Recovery Specialists<sup>SM</sup>

## Making Meaning: Change and Recovery An 8-week Psychotherapy Outpatient Group

*Making Meaning: Change and Recovery*, is a psychotherapy outpatient group for women who are pursuing their recovery from eating disorders, and body image concerns. The group dynamic provides an opportunity to connect with others who are all working on same goals, and experience the process of individual growth and insights in a safe and supportive environment. We will work on discovering and exploring your strengths, and create new meanings that can help in accepting and maintaining your recovery.

The group will be led by Marijana Miskovic, Mental Health Counselor and Clinical Coach at EDRS and Hayley Miller, Licensed Professional Counselor/Registered Dietitian and Assistant Director of Nutrition and Director of Care Coordination at EDRS who have both been working in the eating disorder field for many years.

Eating Disorder recovery is difficult and challenging so this group offers its members some support throughout their recoveries and will explore the following issues:

- Exploring new identities beyond identifying with having an eating disorder
- Finding joy in life independent of other people
- Discuss in the moment skills to reach recovery
- All aspects of familial, romantic, and friend relationships including communication
- Explore struggles with body image and how it has changed throughout recovery
- Explore new creative ways to recover
- Discover different parts of each member's personality and how it has changed over time
- Explore how to move on from shame and develop forgiveness for self and others
- Creating a positive support system

Over the 8 weeks, members will be asked to also bring up any current issues they are struggling with to gain group support. Members will be given the opportunity to share about their eating disorders with people that truly understand their struggles and can offer support.

**When:** Starting Tuesday April 19th, 7-8:30pm for 8 weeks  
**Where:** 451 West End Avenue New York, NY Suite 2H  
**Group Facilitators:** Hayley Miller, LPC, RD & Marijana Miskovic, MHC  
**Cost:** \$75 per session with sliding scale option



For more information or to sign up, email [greta@eatingdisorderspecialists.com](mailto:greta@eatingdisorderspecialists.com)