



Eating Disorder Recovery SpecialistsSM

Writing Your Way Through Recovery: An 8-week Narrative Practice Group

*"When we deny the story, it defines us. When we own the story, we can write a brave new ending."
– Brené Brown*

In this group, participants will explore the detrimental stories they have been living in their eating disorders, and then use narrative exercises to create stories that serve the life they want to live. By putting into words their experiences, lessons, and insights, they will strengthen their relationship with food, body, and self. In a safe community, they will explore the power of sharing and receiving the stories of recovery.

Led by Annie Robinson, Narrative Coaching Specialist at EDRS who holds a Master's in Narrative Medicine, the narrative practice group will draw from modalities including narrative medicine, oral history, Internal Family Systems, mindfulness, and somatic experiencing. Narrative forms that may be explored include journaling, songwriting, visual art, poetry, memoir, dialoguing, playwriting, and oral storytelling.



Sample Practices:

- Write your story in the eating disorder's voice, to understand, externalize, and unpack its perspective.
- Write your story in your healthy self's voice, to visualize and concretize a new perspective.
- Write dialogues between your eating disorder and your healthy self.
- Create a self-portrait from both the eating disorder and healthy self's voice.
- Build comfort with journaling: journaling is an imperative practice to reach and sustain recovery, but for some it can be intimidating to do alone. Clients will be offered techniques and prompts, and utilize the group leader and fellow participants for accountability and to process what they write.
- Close read a poem or literary excerpt, reflect on its metaphors and messages with the group, and write to a prompt that relates the theme to probe more deeply into your own experiences.
- Write a letter to your younger self, your future self, your eating disorder, etc.

Over the course of 8-weeks, participants will be guided in how to become embodied in order to access their intuition, attune to their creativity, and become empowered with the skills and confidence needed to use writing and storytelling for healing.

When: Starting Wednesday April 20th, 7-8:30pm for 8 weeks
(Meeting dates: 4/20, 4/27, 5/4, 5/18, 5/25, 6/1, 6/8, 6/15)

Where: 451 West End Avenue New York, NY Suite 2H

Group Facilitator: Annie Robinson, MS

Cost: \$75 per session with sliding scale option

For more information or to sign up, email greta@eatingdisorderspecialists.com