

# Download Eating Disorder Group Therapy Activities

The following story was submitted by a reader named Sarah. She wanted to share her story about how she used art therapy to help with an eating disorder and how art and the process of creativity has helped her recover. Her story, along with art work and examples of her writing are below. Eating Disorder Foundation of NL presents Emotion Focused Family Therapy Workshop for Professionals with Patricia Nash M.Ed. (C.C.C.), Counsellor & Cathy Skinner, Program Coordinator Friday March 8th, 2019 9:00 – 4:30 Eating Disorder Foundation Office 13 Pippy Place, St. John's The Essence of the "Emotion-Focused Family Therapy" (EFFT) is to increase the positive role of... Binge Eating Disorder: Nutrition Therapy Kelly Stellato MS, RD, LDN Registered and Licensed Dietitian/Nutritionist 413-582-0100 [kstellato@waldenbehavioralcare.com](mailto:kstellato@waldenbehavioralcare.com) Occupational Therapy at The Center for Eating Disorders Occupational therapy focuses on enabling people to participate in meaningful and purposeful activities of daily life.