

ASSOCIATION OF PROFESSIONALS TREATING EATING DISORDERS

APTED Groups October 2014

Current Groups:

Mondays: Closed group, ends October. 10-week Am I Hungry?® Mindful Eating for Binge Eating facilitated by Camerin Ross, Ph.D., PSB#37928 supervised by Deborah Brenner-Liss PhD PSY#9452. New group will be forming, see below.

Tuesdays: 7:00-8:00 pm, an Eating Disorders Anonymous (EDA) group*
Co-led by Deborah and one of our volunteers; call to let us know you are coming:
415-608-6307 (Deborah) <http://www.eatingdisordersanonymous.org/>

Wednesdays: 12-1:00 pm, an Overeaters Anonymous group
led by Pamela, one of our volunteers. Call for more information, 415-350-4240
<http://www.oa.org/>

Fridays: 5:30-6:30 pm, an Eating Disorders Anonymous (EDA) group*
Co-led by Deborah and one of our volunteers; call to let us know you are coming:
415-608-6307 (Deborah) <http://www.eatingdisordersanonymous.org/>

Saturdays: 10:00-11:45 am, a Community Support Group Meeting, Led by Dr. Nan Carter,
Group Leader; call to let her know you are coming and to get door code: 510-325-2080.
Fee: \$40/month.

New groups forming (pending):

San Francisco & Marin: Start date / time TBD. 10-week Am I Hungry?®
Mindful Eating for Binge Eating facilitated by Camerin Ross, Ph.D., PSB#37928
supervised by Deborah Brenner-Liss PhD PSY#9452; call Camerin for waiting list for
next group starting in November: 415-937-0403 or cjross@hushmail.com.

*Quote from EDA literature: "In E.D.A., recovery means living life without obsessing on food, weight or body image. Suggestions that help us build recovery include: Eat when hungry, stop when moderately full. Consistent nutrition is essential for recovery. Recovery is about feelings, not food, but we can't reason or build trust when bingeing, purging or starving. EDA endorses sound nutrition and discourages any form of rigidity around food. Balance - not abstinence - is our goal."

Location of APTED Clinic:
3195 California Street SAN FRANCISCO, CA 94115

*call group facilitator to register and for door code