



Eating Disorder Group Therapy

A Therapeutic & Confidential Environment to Empower Change

Next Group Starts

Monday 17th September
127 Harley Street
London, W1G 6A
18:00-19:30

Email or Call Today to
Reserve Your Spot

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About The Facilitators



Gemma Wood, MBACP, EMDR is a eating disorder and trauma therapist that has over 17 years' experience, both personally and professionally, in the field of addictions and mental health.



Hallie Heeg, BA is a Recovery Coach and Interventionist. She has worked in mental and behavioral health for over 14 years, and is in recovery from her own battle with anorexia and bulimia.

A confidential group for women and men ages 18+ seeking recovering from anorexia, bulimia, binge eating disorder, compulsive overeating, disordered eating or problems with food, body image or exercise.

Join other individuals with similar life stage experiences, responsibilities, and challenges to learn how to stop the destructive cycle and internal struggles of an eating disorder and or compulsive behaviors. Create and achieve goals to feel better about yourself, your health and relationships. Gain courage and personal power to express your needs and desires for a healthier and more satisfying lifestyle. Learn how to tackle stress and maintain healthy boundaries and coping strategies.

Together you will learn new ways to manage thinking patterns and emotions and nurture self-esteem.

Group therapy is a confidential place where you can talk about what really matters to you with others that relate to your experiences. We will meet every Monday night for 90 minutes. In order to establish trust and accountability, the group will be closed to new members once the group is full. Prior to joining the group, a clinical assessment will need to be done either by your health care provider or the group facilitators.

There are only 12 spots available so inquire today to begin feeling secure and healthy both inside and out!