

# Virtual Groups



## Managing Shame, Self Worth, & Disempowerment

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Shame is the driver for many self-destructive behaviours around Food, Body Image and Substance abuse. For many, it is a great ask to reduce the behaviours that have given a sense of control or a capacity to numb or soothe without offering a viable alternative. This group is about targeting shame as well as fear of compassion to generate the capacity to feel secure, in control and empowered so that our destructive behaviours are not the only option.

Join other peers dealing with similar shame related struggles such as depression, low self-worth, poor body image, disordered eating, bulimia, binge eating, anorexia, compulsive overeating or substance abuse.

## Virtual Group's

Group sizes are a minimum of 6 and a maximum of 9. Each group is 1 hr and runs for 8 weeks.

Tuesdays at 7:00 PM GMT; 11 AM PST

£95.00 per group

**Sign up today at [www.werise.co.uk](http://www.werise.co.uk)**

## About Us

Thomas Midgley BSc, RD, PGDip, CBT  
Behavioural and Cognitive  
Psychotherapist

Over the last 15 years, Thomas has specialised in the fields of Eating Disorders and Body Image alongside its more prominent co-morbidities such as Personality Disorders and Complex Trauma. He has presented on the subject of Eating Disorders, Body Image Treatment, Managing shame as well as Compassion Focused Therapy at both National and International Psychiatry and Psychological Conferences.

Halie Heeg BA, CPC

Expert by Experience, Coach,  
Interventionist

Hallie has over 18 years of expertise in eating disorders, substance use disorders, process addictions, and mental health. She is the founder of WeRise Solutions and a board member for HelpCounseling. She has over 15 years of personal recovery herself and has helped hundreds of individuals, families, and professionals.

[www.werise.co.uk](http://www.werise.co.uk)

