

EATING DISORDER TRANSITIONAL GROUP: PROCESS & SKILLS INTEGRATION



Are you transitioning out of eating disorder treatment? Looking for extra support as you reintegrate into daily life?



MONDAY EVENINGS

6:00 - 7:15 PM PT



VIRTUALLY VIA ZOOM

For adults 18+

Located in California



\$45/GROUP



Facilitated by
James Kane,
AMFT
(he/him)

James Kane is a specialized therapist who focuses on helping individuals with eating disorders, who have experienced trauma, or are challenged by anxiety.

AMFT #131638

Supervised by Robyn Caruso, LMFT #80168

Using evidence-based approaches such as Acceptance and Commitment Therapy (ACT), Dialectical Behavior Therapy (DBT), Radically Open DBT (RO DBT), Cognitive Behavioral Therapy (CBT), and self-compassion work, this group provides a safe and supportive environment for individuals who are seeking to build upon their strengths and develop practical skills to help them navigate life after intensive treatment.