

EATING DISORDER TRANSITIONAL GROUP PROCESS & SKILLS INTEGRATION



TUESDAY EVENINGS
6:00-7:00 PM



VIRTUALLY VIA ZOOM
for adults 18+
Located in California



\$65/GROUP



**Facilitated by: Heather Johnson (she/her),
Registered AMFT #149419**

Heather Johnson is an Associate Marriage and Family Therapist with a deep interest in human behavior and our capacity to accept and change the behaviors that impact us most. With extensive training in Dialectical Behavior Therapy (DBT), Heather's therapeutic work begins with grounding clients in a greater understanding of how the interaction of biological and social factors, including attachment and trauma, have influenced their ability to fulfill their life goals. Through creative collaboration, clients then learn to identify their priorities for the present and future and to address the specific behaviors blocking their paths. Gradually, clients develop and practice the skills they need to create the lives they want. Heather has experience treating personality disorders, depression, anxiety and eating disorders, which she approaches through the concepts of Intuitive Eating and Health At Every Size. Heather's educational background includes a B.S. in Communication from the University of Texas at Austin and an M.A. in Clinical Psychology from Antioch University, Los Angeles. Before becoming a therapist, she forged her passion for creative collaboration through many years of work in the entertainment industry.

Are you looking for extra support with daily life in eating disorder recovery?

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

Supervised by Robyn Caruso (she/her), LMFT #80168, CEDS-C #4246