

# **Group Proposal: Eating Disorder Support Group**

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# Agency Sponsorship

## **The National Association of Anorexia Nervosa and Associated Disorders (ANAD) (ANAD Home, 2024)**

- Nonprofit Organization
- Mission: “To relieve suffering by providing support and education to those struggling with disordered eating and body image”
- Known for providing free peer support groups

## **Longwood Recovers: (University, n.d)**

- “A recovery program that offers a supportive and informal voluntary support group to assist students”
- Holds a support group every tuesday for students
- Will provide a space for this support group

This support group will take place in Farmville, VA at Longwood University. The group will be located in Upchurch on the third floor. All individuals other than children may attend.

# Purpose

**This support group is dedicated to fostering recovery in individuals recovering from various types of eating disorders.**

## **Meetings:**

- Held weekly on Wednesday nights
- Approximately 50 minutes each
- Participant led, Two facilitators present to guide discussions and offer feedback
- Members are welcome to attend as they feel necessary

## **Eating Disorder support groups are beneficial because they provide:**

- a unique form of support
- a safe, non-judgmental space
- a sense of community
- practical coping skills and strategies
- improved well-being

# SMART GOALS

1. By the end of participation in the eating disorder support group, members will incorporate lunch into their daily routine at least 3 times a week.

Objective 1- Group members will gain new knowledge on the importance of regular meals in maintaining a balanced diet.

Objective 2- Group members will gain new accountability tools to track their eating habits.

2. By the end of participation in the eating disorder support group, members will practice positive affirmations about body image daily.

Objective 1- Group Members will explore the importance of self-care and self-love in recovery.

Objective 2- Group members will engage in affirmation creation both verbally and in writing

# Theoretical Framework

## **Interpersonal Theory (Strobel et al., 2023)**

- Focuses on different needs and expectations that people use to guide their social interactions.

## **Empowerment Theory (Waller et al., 2021)**

- Focuses on empowering individuals by using their strengths to help them feel encouraged.
- Have been used many times in group therapy due to the social support benefits.

## **Intersectionality (Brownstone et al., 2023):**

- Focuses on the importance of understanding an individual's own journey, and how parts of their identities interact and affect themselves and others.

By using these theories together, we hope to create a supportive and understanding environment regarding differences and similarities of peoples recovery journey. This will also benefit their social relationships with each other and allow for more social support. These theories were meant to focus on the individual's' environmental and personal experiences.

# Composition

- Most ages are welcome to this group other than children. This is because mature content may be discussed that is not developmentally appropriate.
- All diagnoses under the title of eating disorder are welcome.
- Individuals from all stages of recovery are welcome.
- This support group will be characterized by its heterogeneity and diversity.
- This group will range from 6-12 members, however more space is available if more people than planned show.
- This is an open group
- Members are welcome to join and leave at anytime

# Recruitment

- All students at Longwood University were notified through their weekly email announcement about the support groups: including time, location, description of the meeting, and basic rules.
- Flyers were passed out to all students at Longwood University and Hampden Sydney.
- Flyers were also given to the local Department of Social Services, local libraries, and mental health providers in Farmville VA.

These places were chosen based on the population and outreach of individuals. All of the chosen places provide resources to members of the community.

No other documentation was used in the recruitment process to maintain privacy and confidentiality.

# Orientation of Members

New members are asked to arrive 30 minutes early to their first meeting for a brief orientation.

During this time, they will receive information about group procedures including:

- procedures
- roles of facilitators
- importance of confidentiality and privacy
- member will be asked to sign a form of confidentiality
- a physical copy of the SMART goals will be provided
- any new questions will be addressed



# Contract

- This support groups contract utilizes both written and oral agreements. Written contracts are preferred, but if someone comes too late for their first meeting an oral agreement are sufficient until the written one can be completed.
- Attendance is not mandatory. This helps encourage self-determination towards ones recovery. This group is voluntary.
- Confidentiality is important to this group. It must be respected. This means details and identifying information may not be shared.
- Privacy is also important. The room will have curtains on the windows to protect people's identity.
- If there has been a breach of confidentiality or privacy, a conversation will be had with the individual and the group to determine if they will be allowed back.

# Environment

## What to expect:

- Refreshments by the door
- Individual tables with chairs displayed in an inward facing circle. Group members with disabilities will be accommodated upon arrival.

## Group Information:

- This group is provided at no cost to the group members.
- It is funded by donations from Longwood Recovers and ANAD.
- The group does not provide any special childcare or transportation.
- There is a designated parking area for group members.

# Challenges and Supervision

## **Transportation:**

- Longwood University was chosen specifically for this group because of some of the resources it provides. There are buses that go around the county and come to Longwood University. The buses run until about 12am every night. This may alleviate potential transportation barriers.

## **Identity Protection:**

- College students may feel unsure about their identity being protected because of campus. However, the group will be in a room on the side of the building and is hidden from view. There will be curtains on the windows. Facilitators will monitor and ensure everyone's privacy.

## **Supervision:**

- We encourage others to be considerate in what they share, and to refrain from potentially triggering comments
- The facilitators will have access to all of Longwood Recovery's resources such as the space, larger meeting rooms, educational handouts and pamphlets. Facilitators will also have ANAD's resources available to them as well.

# References

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