

Eating Disorder Treatment Resources

Spring Semester 2021

For ISU students at Student Counseling Services

1) Mood, Food & You ---GROUP Therapy

Mood, Food, & You (support, skill, and process oriented for individuals with disordered eating concerns)

THURSDAYs
10:00 - 11:30

Who is a good fit for this group?:

- Those whose mood shifts in regard to food/activity or body image.
- Those who are struggling in their relationship with food, activity or body image.
- Those who think about food/activity/body image in negative ways, or in ways which distract them from other tasks/people.
- Those who are working toward a more accepting, balanced relationship with food/mood/body image.

General info about Group:

- There can be up to 8 co-ed participants involved.
- The group is a closed group, meaning the same people would attend each group session.
- As a group we will discuss confidentiality and what that means for us as a group.
- We will have specific guidelines regarding items which could be triggering to other members.
- Each session will begin with a "check in" - each member will share a bullet point update regarding their week/update group on any topic from the last week and state if they could use time this week to discuss a particular item. (*I had a hard week and could use time. I had a great week and would love to share. I could talk, but it can also wait.*)

If you are interested in group-

1)**** WE need to have updated information at the counseling center. If you have not updated a walk in triage since May, then **call SCS Monday – Thurs** when you have at least 90 minutes. (between 8 and 2:30 p.m.) 515-294-5056 and let them know you are interested in starting the process of joining the mood, food and you group and need to complete a walk in to update all your information.

2) If you are working with a community therapist or nutritionist please Complete this form:

<https://powerforms.docuSign.net/c5539fab-37d0-4534-988e-6ec145c517c6?env=na3-eu1&acct=b7ecb6db-11f4-4e7f-b6d5-259ab54c7de0>

2) **ED Assessment/Therapy- see 1)*** above for instructions on access**

3) **Therapy Assistance Online self- directed-** is set up as educational modules regarding a variety of subjects- geared toward increasing your insight and practice of mindfulness, coping skills, communication skills... it is a really GREAT opportunity FREE for ISU students/staff. Use it whenever you want! <https://www.counseling.iastate.edu/resources/tao-self-help/>

4) **ISU online resources:** <https://www.counseling.iastate.edu/services/mind-body/mind-body-spa/>

Helpful APPS: calm happy; Happify, Moo-dfit, Mindfulness coach, Mood tools, calm, Headspace, paced breathing

Suicide prevention lifeline 1-800-273-8255 OR Text: "ISU" 741741

Trans Lifeline 877-565-8860 Local ER or by call 911. NEDA hotline:800-931-2237

? : mroling@iastate.edu