

BODY IMAGE GROUP FOR FEMALE HIGH SCHOOL STUDENTS



Group Facilitator:
Carolyn Rubenstein, Ph.D.
*The Children's Center for Psychiatry,
Psychology, and Related Services*

Join Dr. Rubenstein as she facilitates this interactive and unique group for female high school students who will learn various techniques for actively developing a positive relationship with their bodies. Group therapy will also focus on ways to challenge perfectionism as well as external pressure and norms. Rooted in a safe environment, this group will combine psychoeducation with behavioral exposure exercises to help translate knowledge into tangible personal change. Each session will end with a brief relaxation exercise to help ease the transition from group to outside activities.

Begins in the fall of 2017

Six sessions covering:

- **Session 1:** Introduction to Group, Exploration of the Thin-Ideal and Its Origins/Costs
- **Session 2:** Perfectionism & Shame
- **Session 3:** Resisting the Pressure: Developing Resilience & Self-Compassion
- **Session 4:** Behavioral Challenges & Sharing Experiences
- **Session 5:** Behavioral Challenges & Sharing Experiences
- **Session 6:** Closure of Group with Plan for Continuing to Maintain Positive Changes

\$50 per group session

Contact:

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