

2015 Eating Disorder Support and Therapy Groups

Name of Group: Eating Disorder Recovery Group

Focus or topic: The group provides a safe place for individuals to provide support and feedback to one another while working toward a full recovery. Some direction will be provided to the group through skill development and take home exercises.

Support Group Leader and Qualifications: Christy Duffy, PhD, HSPP

Location: 4315 E. 3rd St., Bloomington, IN 47401

Day of Week: Tuesdays 6:30pm - 8:00 PM

Frequency: Weekly

Age/Sex Limitations: Females, 20 years old

Group size limitations: 8

Sign up/registration required: Required; Call Christy Duffy if interested in the group

Fee: Billed through insurance or \$50/session if out of network

Contact person name: Christy Duffy, PhD, HSPP

Phone: (812) 345-2570

Email: drchristyduffy@gmail.com

Website: www.drchristyduffy.com

Name of Group: Awakening Inner Wisdom: Mindfulness-Based Eating Awareness Workshop (MB-EAT)

Focus or topic: Using mindfulness practice to manage eating and weight. Mindful eating is practiced during the workshop to help transform people's relationship to food and eating, improve over-all health, body image, relationships and self-esteem. The group is designed for people who struggle with overeating and/or binge eating.

Support Group Leader and Qualifications: Delma Mindel, MA, LMFT/LMHC (45 hrs. training with Dr. Jean Kristeller)

Location: 9644 Whitestown Rd, 46077

Zionsville United Methodist Church

Day of the week: Thursday

Time: 6PM – 8 PM

Frequency: Once a week on Thursday for 10 weeks Twice a year, September and February.

Age/Sex Limitations: 18 y/o and older

Group Size Limitations: 12

Sign up/registration required: Yes, call number below for information or free orientation

Fee: \$350 Limited scholarships. May be covered by insurance.

Contact Person: Delma Mindel

Phone: (317) 417-8461

Email: dmindel145@sbcglobal.net

mindelcounseling@sbcglobal.net

2015 Eating Disorder Support and Therapy Groups

Name of Group: Adolescent Psychoeducation Group

Focus or topic: Topical 8-week group addressing perfectionism, anxiety, body image and relapse prevention.

Group Leader and Qualifications: Natalie Zolicoffer, PhD, HSPP

Location: Charis Center for Eating Disorders, 6640 Intech Blvd, Suite #195, Indianapolis, IN 46278

Day of Week: Tuesday

Time: 4:00 - 5:15 PM

Frequency: Once per week on Tuesdays for 8 weeks

Age/Sex Limitations: 13-18; none

Group Size Limitations: N/A

Sign up/registration required: Yes

Fee: Billed through insurance or \$72 per session if out-of-pocket

Contact Person: Natalie C. Zolicoffer, PhD, HSPP

Phone: (317) 295- 0608

E-mail: chariscenter@iuhealth.org

Website: www.iuhealth.org/chariscenter

Name of Group: Adult Process Group

Focus or topic: The focus of the group is to identify elements of recovery with which patients are struggling and discover alternative, positive coping skills to deal with these stressors.

Support Group Leader(s) and Qualifications: Anne Lewis, Ph.D., HSPP

Location: Charis Center for Eating Disorders, 6640 Intech Blvd., Suite #195, Indianapolis, IN 46278

Day of the week: Monday

Time: 5 – 6:30 PM

Frequency: Every Monday evening for 8 weeks

Age/Sex Limitations: 18 years and older; none

Group size limitation: 8

Sign up/registration required: Yes, call for information

Fee: Billed through insurance, or \$72 per session if out of pocket

Contact person name: Anne Lewis, Ph.D., HSPP

Phone: (317) 295-0608

E-mail: chariscenter@iuhealth.org

Website: www.iuhealth.org/chariscenter

2015 Eating Disorder Support and Therapy Groups

Name of Group: Adult Process Group

Focus or topic: The focus of the group is to identify elements of recovery with which patients are struggling and discover alternative, positive coping skills to deal with these stressors.

Support Group Leader(s) and Qualifications: Michelle Mannia, PsyD., HSPP

Location: Charis Center for Eating Disorders, 6640 Intech Blvd., Suite #195, Indianapolis, IN 46278

Day of the week: Wednesday

Time: 5 – 6:30 PM

Frequency: Every Wednesday evening for 8 weeks

Age/Sex Limitations: 18 years and older; none

Group size limitation: 8

Sign up/registration required: Yes, call for information

Fee: Billed through insurance, or \$72 per session if out of pocket

Contact person name: Michelle Mannia, PsyD., HSPP

Phone: (317) 295-0608

E-mail: chariscenter@iuhealth.org

Website: www.iuhealth.org/chariscenter

Name of Group: Adolescent Process Group

Focus or topic: The focus of the group is to provide a place for adolescents recovering from an eating disorder a place to share their recovery journey with peers in a nonjudgmental and supportive environment.

Support Group Leader(s) and Qualifications: Jan Wahman, LCSW

Location: Charis Center for Eating Disorders, 6640 Intech Blvd., Suite #195, Indianapolis, IN 46278

Day of the week: Thursday

Time: 4-5 PM

Frequency: Every Thursday afternoon for 8 weeks

Age/Sex Limitations: 13-18/none

Group size limitation: 8

Sign up/registration required: Yes, call for information

Fee: Billed through insurance, or \$72 per session if out of pocket

Contact person name: Jan Wahman, LCSW

Phone: (317) 295-0608

E-mail: chariscenter@iuhealth.org

Website: www.iuhealth.org/chariscenter

2015 Eating Disorder Support and Therapy Groups

Name of Support Group: Family Support Group

Focus or topic: Support for family members and friends of those recovering from eating disorders (not for those in treatment)

Support Group Leader(s) and Qualifications: Charis Center Medical Director, Mary Rouse, M.D. and a Charis Center staff psychologist

Location: Charis Center for Eating Disorder, 6640 Intech Blvd., Suite #195, Indianapolis, IN 46278

Day of the week: Second Tuesday of the month

Time: 6:30 – 8PM

Frequency: Once a month

Age/Sex Limitations: 18 years old+/none

Group size limitation: N/A

Sign up/registration required: Required; Sign-up through Charis Center receptionist.

Fee: Free

Contact person name: Dr. Mary Rouse

Phone: (317) 295-0608

E-mail: chariscenter@iuhealth.org

Website: www.iuhealth.org/chariscenter

Name of Group: Adolescent/Parent Dialectical Behavior Therapy

Focus or topic: Group therapy with adolescents and parent(s) addressing DBT topics including: mindfulness, walking the middle path, emotion regulation, distress tolerance, and interpersonal effectiveness.

Group Leaders: Valerie Weesner, PhD, HSPP and Mindy Wallpe, PhD, HSPP

Location: Charis Center for Eating Disorders, 6640 Intech Blvd., Suite #195, Indianapolis, IN 46278

Day of the week: Tuesday

Time: 4:30-6:00 PM

Frequency: Weekly for 12 weeks, start dates at beginning of each unit

Age/Sex Limitations: Adolescents 13-18 y/o

Group size limitation: N/A

Sign up/registration required: Yes, sign up for twelve-week series

Fee: Billed through insurance, or \$72 per session if out of pocket

Contact person name: Valerie Weesner, PhD and Mindy Wallpe, PhD, HSPP

Phone: (317) 295-0608

E-mail: chariscenter@iuhealth.org

Website: www.iuhealth.org/chariscenter

2015 Eating Disorder Support and Therapy Groups

Name of Group: Adult Dialectical Behavior Therapy

Focus or topic: Adult group therapy addressing DBT skills including: mindfulness, emotion regulation, distress tolerance, and interpersonal effectiveness.

Group Leaders: Jon Richardson, PsyD, HSPP and Jan Wahman, LCSW, LMHC

Location: Charis Center for Eating Disorders, 6640 Intech Blvd., Suite #195, Indianapolis, IN 46278

Day of the week: Monday

Time: 4 - 6 PM

Frequency: Weekly for 26 weeks

Age/Sex Limitations: 18+/none

Group size limitation: N/A

Sign up/registration required: Yes

Fee: Billed through insurance, or \$72 per session if out of pocket

Contact person name: Jon Richardson PhD, HSPP and Jan Wahman, LCSW, LMHC

Phone: (317) 295-0608

E-mail: chariscenter@iuhealth.org

Website: www.iuhealth.org/chariscenter

Name of Group: Adult Intensive Outpatient Program

Focus or topic: Adult group therapy addressing DBT skills including: mindfulness, emotion regulation, distress tolerance, and interpersonal effectiveness.

Group Leaders: Anne Lewis, PhD, HSPP and Michelle Mannia, PsyD, HSPP

Location: Charis Center for Eating Disorders, 6640 Intech Blvd., Suite #195, Indianapolis, IN 46278

Day of the week: Monday, Wednesday, Thursday

Time: 2-5 PM

Frequency: Three times weekly for 8 weeks

Age/Sex Limitations: 18+/none

Group size limitation: N/A

Sign up/registration required: Yes

Fee: Billed through insurance

Contact person name: Anne Lewis, PhD, HSPP

Phone: (317) 295-0608

E-mail: chariscenter@iuhealth.org

Website: www.iuhealth.org/chariscenter

2015 Eating Disorder Support and Therapy Groups

Name of Group: Adolescent Intensive Outpatient Program

Focus or topic: Adult group therapy addressing DBT skills including: mindfulness, emotion regulation, distress tolerance, and interpersonal effectiveness.

Group Leaders: Melinda Wallpe, PhD, HSPP

Location: Charis Center for Eating Disorders, 6640 Intech Blvd., Suite #195, Indianapolis, IN 46278

Day of the week: Monday, Tuesday, Thursday

Time: 3-6 PM

Frequency: Three times weekly for 8 weeks

Age/Sex Limitations: 13-18/none

Group size limitation: N/A

Sign up/registration required: Yes

Fee: Billed through insurance

Contact person name: Melinda Wallpe, PhD, HSPP

Phone: (317) 295-0608

E-mail: chariscenter@iuhealth.org

Website: www.iuhealth.org/chariscenter

Name of Group: Partial Hospital Program

Focus or topic: Comprehensive day treatment with all meals provided, individual and family therapies, DBT, CBT, experiential, nutritional, medical and psychiatric care.

Group Leaders: Charis Staff

Location: Charis Center for Eating Disorders, 6640 Intech Blvd., Suite #195, Indianapolis, IN 46278

Day of the week: Monday, Tuesday, Wednesday, Thursday, Friday

Time: 7:30am-6:30pm

Frequency: 5 times weekly, length individually determined

Age/Sex Limitations: 16+/none

Group size limitation: N/A

Sign up/registration required: Yes

Fee: Billed through insurance

Contact person name: Janelle Floyd, LCSW

Phone: (317) 295-0608

E-mail: chariscenter@iuhealth.org

Website: www.iuhealth.org/chariscenter