



BODY IMAGE GROUP PROGRAM

BodyMatters is thrilled to offer our inaugural group body image program. This intervention is designed by the Body Project and has great efficacy in supporting the development of a healthy body image. The program is run in supportive small groups and is focused on improving body image.

Details

Who: The groups are open to anyone who is experiencing body image concerns regardless of what size, shape or diagnosis you have. You do not need to be accessing psychological treatment, nor do you need to have an eating disorder to attend.

Attendance in the groups is voluntary. Please note: Suitable for Maudsley Family Therapy Phase 3 only.

What: A safe, online, small group program for up to 8 participants. The body image intensive program addresses body image concerns using dissonance based tasks comprising of writing exercises and group discussion. It runs for one and a half hours per week for a total of eight weeks.

When: Our new group intake will be held at 11am on Tuesdays from February 2023

Where: Online - a link will be provided once you are registered.

Why: To effectively tackle body image concerns using an evidence based program.

Cost: \$300* for the entire course.

*Rebates are not available for this service.

Special Offer! Book now and receive either a 25% discount OR bring a friend for free!*


*Offer available until January 09, 2023





What Next?

To register your interest in this course, please complete the expression of interest form which can be found in the Support Group section of our website.

Contact Info

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