

Guidelines for meal support group

As a participant in this group you are agreeing to follow the below guidelines, to the best of your ability.

1. This group is a place that offers support during meal time for those striving for and/or succeeding at eating disorder recovery. This support will come both from the leader and the participants.
2. There is an understanding that there will be variations in what participants are eating. May there be a mutual commitment to both, one's own recovery needs, and the needs of the others.
3. All participants are expected to complete 100% of their meal and/or any subsequent challenges set by their individual treatment team. The leader will hold each participant to this commitment and enforce nutritional supplementation (personalized) when necessary.
4. Some food specific guidelines:
 - a. No food rituals allowed.
 - b. One time use of microwave
 - c. No bathroom use during group; if insisted, there will be an "escort"
 - d. No trading food or bringing food for others
5. The conversation during the group CANNOT include any of the following, unless prompted by RD:
 - a. What you have or have not eaten today, other than this meal.
 - b. Discussion about the food being eaten (taste, preparation, calories, etc.) beyond the process time initiated by dietitian during the group
 - c. Any specific numbers...calories, pounds, pant sizes, number of meals, length/freq. of exercise
 - d. No discussion about weight
 - e. No discussion about exercise
6. There will only be pro-recovery conversation allowed, anything to the contrary will be challenged by the leader and/or other participants.
7. Although we have a leader as a part of this group, it is impossible to ensure all conversations do not trigger anyone into thinking more negatively about food/body. Since the leader cannot possibly know when conversations or topics are triggering to each individual present, may each member of the group feel free to verbally let the group know if something is making them feel uncomfortable.
8. This is an open group, which means that the faces around the room may change throughout your participation. The leader has the right to add new members to the group at any time.
9. Confidentiality is agreed upon by participation in this group. How you know the participants in this group and what is said in this group is expected to be held confidential.
10. All participants in the group shall have respect and consideration for others in the group and the established guidelines for the group. With this in place, we can more successfully offer a supportive and encouraging meal environment.
11. In conclusion, this group is a meal support group. This group does not replace a professional relationship with an individual therapist, dietitian, and doctor. It is strongly encouraged that those in attendance have an appropriate treatment team, based on each person's need. This group is only one component of treatment.

If you believe that you understand the intent and the content of these guidelines and are willing to follow them, to the best of your ability, please sign here: _____

Meal Support Group Policies

1. \$275.00 is owed to the group leader at the beginning of each “month”. Payment can be done in cash, check or credit card. Aetna insurance plan may cover this group; you will want to call about this specifically.
2. A month is considered 4 weeks out of 5 consecutive weeks.
3. The group meets for two meals weekly; dinner on Tuesdays and Wednesdays from 5:15-6:15pm. These times are subject to change as participants and facilitators schedules necessitate.
4. Dates and times of the monthly “meal out” will occur by scheduling to work with present participants schedules.
5. Each member is responsible for all their own food.
6. Leader will provide trays, dishes, napkins, cups, cutting board, salt/pepper shakers, microwave, and utensils.