

Community Meal Support

Dietitian and Therapist monitored meal environment for those in treatment for an eating disorder

Structure of group:

- Monitoring of meal intake, based on individual meal plans from treatment team
- Accountability for disordered eating behaviors/rituals
- Level of monitoring and accountability provided by dietitian will be individualized. All members, with their treatment team, will determine what accountability dietitian will offer during the meal time, ensuring each member gets what they need out of the provided structure.
- Support and understanding from professionals specializing in working with eating disorders
- Discussion topics, meal themes, and mood setting provided by facilitators
- Therapeutic process time following the meal lead by licensed therapist (30 minutes)

Member qualifications:

- Must be 16 years of age or older.
- Willing to allow practitioners to talk with present treatment providers (ie, therapist, dietitian, doctor)

Logistics:

- Food will be brought by each member.
- Microwave and hot/cold water spout will be provided for use by members.
- Plates, cups, silverware, and napkins will be provided by practitioners, as needed.

Facilitation: Both a licensed therapist and a registered dietitian will be present for the length of the group and join in all aspects of the group.

Meal time lead by a Registered Dietitian; Julie Church, the founder of this group, is on maternity leave October 1, 2011 to January 10, 2012. In her absence, Minh-Hai Tran, RD will facilitate the meal time. Julie has worked passionately with individuals with eating disorders and body image concerns for nearly 10 years. She has facilitated several different groups in the community and offers compassion, strength, and creativity. See www.juliechurchnutrition.com to learn more about her practice.

Therapeutic process time lead by Tahney Jones, MA, LMHC: Tahney is an eating disorder specialist, experienced with both individual and group work in her private practice. Tahney combines a warm, client-centered approach, with practical, cognitive-behavioral and interpersonal skills to create a supportive environment ideal for learning and for processing emotions. You may go to www.tahneyjones.com for more information.

Location: University District Building, 1107 NE 45th Street, Ste 410, Seattle, 98105

Date and Time:

- Group will meet 12-1:15pm on Tuesdays. Once a month there will be an off-site meal. (The meal times may change depending on the participants and facilitators schedules, so please inquire even if your schedule does not allow for the above times.)
- Members can attend all or some of the meals offered during membership weeks. The four weeks can be in any consecutive 5 week interval.
- On going, open group. Open to new members at any time.

Membership Cost: \$275 for four weeks of access to all supported meals offered. Aetna insurance covers cost, for Aetna members. Individual plans/other insurances vary.

Interested? Need more information? Call or email Tahney
206-229-1937 tahney.jones@gmail.com