

EAST COBB CENTER FOR THERAPY

Is offering a new women's therapy group

Understand and Overcome Your Struggle with Food

A weekly closed group therapy offering both a process group as well as a chapter by chapter discussion of Geneen Roth's book, *WOMEN, FOOD AND GOD*.

When: Wednesdays, beginning May 12th, 2010
Time: 7:30 – 8:45pm
Commitment: Weekly for 12 weeks
(Group may then transition to bi-weekly meetings)
Cost: \$50 per group
Facilitator: Keira Oseroff, LCSW

Group therapy can be an enormously helpful tool in addressing patterns of disordered eating. The purpose of this group is to explore your relationship with food and come to understand the role it plays in your life.

For each of the first 12 weeks, a chapter of Roth's book will be used as a guide for discussion. Along with group process, additional assignments and tools will be used in order to help participants develop healthier relationships with food.

Keira Oseroff, LCSW, is a psychotherapist specializing in the treatment of eating disorders and women's issues. To inquire about participation in this group, contact Keira at 770.592.0566. You may also learn more about Keira at www.keiraoserooff.com.

Each group member will be required to attend 1 individual therapy assessment session.

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