



Information Sheet on Eating Disorder Recovery Online - a 12 Week Program

for Bulimia and Binge Eating Disorder

Eating Disorder Recovery Online is an Innovative and Engaging, Therapist Designed Online Program for Emotional Eating, Binge Eating and Bulimia.

Designed by an Eating Disorders Specialist, every Session Includes:

- Psycho education from our Therapist, Emma Murphy MIACP;
- Downloadable Written Exercise for you to complete during the session;
- Clips from our “virtual” group giving feedback and responses from actual clients for you to compare your feelings and responses to;
- Some also contain supplementary reading for you to download and keep.

Following a tried and tested format, our program works as follows:

SESSIONS 1-4: CBT FOR EMOTIONAL EATING

The first four sessions are designed to help you think about your relationship with food and weight in a practical, pro-active way. When you struggle with emotional or binge eating, it means you are probably not good at expressing how you feel. And even though you believe this is a well-kept secret, it is still having an effect on your life and relationships with other people. Sessions 1-4 are about identifying the exact problems you are experiencing NOW, and gives you practical, working tools and strategies to begin setting better goals. We also cover a little bit on faulty thoughts, beliefs and values in session 4.

SESSIONS 5-8: THE FAMILY AND YOUR PAST

The second block of four sessions are designed to help you think about your relationship with your family, and what behaviours, or coping strategies, you might still be using from the past, that no longer really apply today. We learn so much from our families, not only in what they tell us, but what we ‘feel’ is right or wrong – even though this might never be said out loud. Parents generally want to do their best for their children, so it is not about blaming anyone, rather it is about understanding the environment you grew up in, and how that has shaped who you are now. By doing this, you have a choice – stay the same, or choose to change.

SESSIONS 9-12: MINDFULNESS AND MOVING ON

The final block of four sessions focuses on how to be more mindful, in order to make better decisions in the moment. We look at the connection between food and emotions, food rules, your attitude and reaction to anger, and close the program with two meaningful exercises.

If you wish to learn more, or want to get started on our program, please visit our website www.eatingdisorderecovery.com, and use this Discount Code to receive a 25% discount off the cost of the program.

The full price is €79 for our 12-week program. 25% Discount Code: SO2016.



ABOUT THE PROGRAM FOUNDER



Emma Murphy MIACP is a fully qualified and Accredited Counsellor Psychotherapist with the Irish Association of Counselling and Psychotherapy. She has advanced training in Eating Disorders from the National Centre for Eating Disorders UK and has worked with clients with Eating Disorders, both individually and in groups, since 2008. Emma is also an Accredited Trainer through FETAC, and recently completed a post graduate program in Mindfulness for Health Professionals.

In 2012, Emma won an Elevator Award from Social Entrepreneurs Ireland, in recognition of her work to make Eating Disorders support more accessible and affordable, online.

As well as the 12-week Self-Directed Online Program, Emma now offers Live Online Group Programs on Mindfulness for Emotional Eating. This is a four session model and is again priced for affordability at just €59. Check on the website for upcoming online group programs.

Testimonials for Emma from Clients:

“There were many eye-openers throughout my counselling work with Emma. Not only during the sessions themselves, but also at home when applying the tools Emma introduced to me over the course of the counselling. Particularly interesting to me were tools such as the "Lapse-Relapse-Collapse" charts and the 20-Minutes-Delay method. These are tools which I still apply today. I really appreciated the counselling sessions and would recommend Emma Murphy to anyone looking for a really good, very professional, very understanding and witty counsellor in the field of eating disorders.” (Binge Eating Disorder)

“My thought processes surrounding food and exercise were completely turned around during the time I spent with Emma. It's amazing to think back to that difficult, regimented period of time in my life and compare it to how I deal with the same everyday situations I encounter now. A mere four months after I first walked into the cosy consultation room I cycled from Croatia to Athens with my boyfriend - a spectacular experience that I wouldn't have been able to complete without the support and guidance I obtained from Emma. Thank you ever so much” (Overexercising and Restrictive Eating)

“Emma is able to judge whether I need her to be soft with me or tough, and that balance works very well for me. Emma has the right balance of empathy and tough love that suits me very well. Sometimes I hated the sessions, but that's because we had to dig into tough issues. I was always grateful to have Emma there to support me as I struggled to push forward or needed time to wallow before I could move on. I was afraid at times that she'd get fed up with me because I couldn't always make myself deal with stuff. I did ask her though, and she always reassured me that that wouldn't happen. We'd work together as long as we both agreed that it was helpful.” (Binge Eating Disorder)