

An Acceptance and Commitment Therapy (ACT) Group Program for Women and Young women with Anorexia, Bulimia or Binge Disorder

This is a 6 week structured program for a maximum of 8 participants. Sessions will cover learning and using psychological skills as well as take advantage of the benefits of a group setting. As individuals and a group we will work together to learn how to relate to difficulties in order to get more out of life. Numbers permitting, there will be a separate group for young women.

About the Facilitator: Tania Rotili

I am a psychologist in private practice. Since graduating university in 1993 I have worked in various fields in clinical psychology which include Adult Mental Health (in Brisbane and London), facilitated the Eating Disorder and Dialectical Behaviour Therapy Group outpatient programs at New Farm Clinic. I continue to do work for the Access to Allied Psychological Services (ATAPS) via the Brisbane South Division, South East Alliance of General Practice and GP Partners.

Steps to take to register:

- 1) Call me to book an intake interview and to receive questionnaires to complete prior to appointment as part of a research component. Talk to your GP regarding the Better Access or the Division's ATAPS scheme for rebates.**
- 2) Attend appointment. An opportunity for me to obtain an understanding of how your eating disorder behaviour operates, how it affects your quality of life, discuss any queries and decide on commitment to attendance.**
- 3) Weekly attendance to the group program which includes homework tasks that you set. Also one weekly questionnaire.**
- 4) Review at the end of group.**

FEE: \$300 for group (almost half may be rebated by medicare). Initial appointment \$130 (\$83.25 can be rebated by medicare)

**Dates for 2012 on a Tues or Wed evening
will be set once enough people have registered
Group will also be repeated as required**
**Group to be held inside Integral Admin Offices
3/31 Thompson St, Bowen Hills
Contact Tania 0419 611 934 or
tania@taniarotili.com.au**

Look forward to hearing from you or referring practitioner!