

EATING DISORDER TRANSITIONAL GROUP PROCESS & SKILLS INTEGRATION



MONDAY EVENINGS

6:00-7:00 PM



VIRTUALLY VIA ZOOM

for adults 18+

Located in California



\$65/GROUP



*Facilitated by: **James Kane**
(he/him), LMFT #150184*

James Kane, holding a Master's degree in Psychology from Antioch University, Los Angeles, is a Licensed Marriage and Family Therapist specializing in compassionate care for adults and adolescents. His therapeutic expertise encompasses a range of areas, including eating disorders, disordered eating, anxiety, mood disorders, life transitions, and relational challenges. He offers care to those who struggle to balance external image with internal thoughts.

Are you looking for extra support with daily life in eating disorder recovery?

Using evidence-based approaches such as Acceptance and Commitment Therapy (ACT), Dialectical Behavior Therapy (DBT), Radically Open DBT (RO DBT), Cognitive Behavioral Therapy (CBT), and self-compassion work, this group provides a safe and supportive environment for individuals who are seeking to build upon their strengths and develop practical skills to help them navigate life after intensive treatment.