BRIDGING THE GAP
Eating Disorder Recovery Support
A Group Series by The Chesnut Group

In eating disorder recovery, individuals must protect and maintain recovery achievements made through the process of transitioning from a higher level of care (hospital, residential, PHP, IOP) to outpatient care at home.

The Chesnut Group is offering The Bridge Program, a group series for adolescents who have transitioned from higher levels of care and would like support in addition to their outpatient team. The group will be limited to 8 individuals and closed to allow for cohesiveness and safety among group members.

The Bridge Program will offer 3 group sessions per week, beginning in late March 2021:

- **The Process Group** will provide a safe environment for clients to share experiences with one another, as well as to give support and feedback to other group participants.
- **The Recovery Skills Group** will teach clients strategies to support eating disorder recovery, drawing from ACT, DBT, CBT, and/or concepts from the book, *8 Keys to Recovery from an Eating Disorder* by Carolyn Costin.
- **The Parent & Caregiver Group** will provide skill development based on Emotion-Focused Family Therapy, an evidenced-based treatment for families with eating disorders.

Adjunctive services offered:

- **The Expressive Arts Group** will offer clients a creative outlet integral with their recovery process, including the media of writing, art, and music. Art supplies will be provided.

We are currently accepting inquiries for participation in the Adolescent Track of The Bridge Program.
MEET THE
CHESNUT GROUP

A Psychotherapy Practice

Theresa Chesnut
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Founder of The Chesnut Group

Kira Olson
Associate Marriage & Family Therapist
Associate Professional Clinical Counselor

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THE
CHESNUT
GROUP

Specializing in eating disorders, trauma, athletes, anxiety & depression

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All Associate clinicians are supervised & employed by Theresa Chesnut, LCSW #68696.