



## Eating Disorder Support Services

### **ReBalance Self Support Group Guidelines**

**The 'Rebalance' self-support group allows for open, honest expression of thoughts and feelings within a safe, confidential environment. We are not here to judge, criticise or label people. We encourage self-reflection, understanding and a recovery-focussed mind-set that will inspire positive change.**

#### **Group Facilitators**

The group facilitators are present to ensure that the session runs smoothly and that the group guidelines are followed. All facilitators have personal and/or professional experience related to eating disorders.

#### **Group Guidelines**

##### **Confidentiality**

Everything shared in the group is confidential (unless details suggest serious risk to a person, in which case, the facilitator has a duty to inform a supervisor about the specific issue, with the member's prior knowledge).

##### **Recovery Focused**

Discussions should not include hints or tips about how to encourage or maintain an eating disorder (e.g. dieting suggestions or talk about numbers). Conversations will be intercepted by a group facilitator if they begin to lead in this direction.

##### **Respect, Acceptance and Autonomy**

We ask all group members to respect each other's differences. It is important that everyone has time to share their thoughts and that not one person dominates a session. The group does not discuss group members who are not present.

##### **Time Keeping**

Members are encouraged to arrive on time so as not to disrupt the session once it has begun. The group will finish on time, but members may leave early if personal circumstances require them to be elsewhere.

##### **Contact Outside of the Group**

People affected by an eating disorder are often kind natured and eager to support others through difficult times. However, we suggest that peer support is offered during group sessions rather than between meetings in order to avoid the addition of pressure or competitive comparisons between attendees.

##### **Unsuitable Support**

If the facilitators feel that the group is unsuitable for a member who is attending, for whatever reason, the facilitators will speak with this person individually, as appropriate. Facilitators will try to help attendees access the most appropriate support for their needs.