



Developing a Psychoeducation Group for Eating Disorder Patients

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Introduction: Psychoeducation is a cornerstone of eating disorder treatment, fostering symptom awareness and motivation. There is a continuous need for group interventions in specialized care settings provided by multidisciplinary teams.

Aims: This practice-oriented project aimed to develop and implement a flexible open psychoeducation group to provide structured support for patients attending a day unit for eating disorders.

Methods: The development process followed an iterative quality improvement cycle, collecting and utilizing qualitative feedback from both participants and multidisciplinary team to refine session topics and pedagogical methods.

The group model consists of 12 independent thematic sessions, each lasting 60 minutes. The group follows an open-entry format allowing up to 10 participants. Each session is led by a pair of patient educators. The content is grounded in Cognitive Behavioral Therapy (CBT) principles. Each session focuses on a specific theme incorporating:

- * Eating disorder as an illness
- * Positive effects of nutritional recovery
- * Wellbeing-oriented eating
- * Gut health

- * Hunger and body sensations
- * Recovery-interfering dysfunctional thoughts
- * Eating disorder routines
- * Emotions and eating
- * External triggers
- * Exercise and body image
- * Fostering hope

Each session includes standardized educational content on the day's topic, reflective exercises to facilitate personal insight and to encourage internalizing the material to support self-help.

Results: Preliminary results indicate that a structured psychoeducation group is feasible and flexible addition to disorder treatment. Staff feedback suggests that the structured material helps standardize the quality of psychoeducation provided across the unit.

Discussion: The open-group model allows for efficient resource utilization while maintaining a high standard of content. Continuous feedback loops are essential in tailoring the material to meet the diverse needs of the patients.