

# BODYWHYS SUPPORT GROUP

**Date:** 1<sup>st</sup> & 3<sup>rd</sup> Wednesday of every month.

**Time:** 6.00pm to 7.30pm

**Venue:** Student Counselling Service, Seminar Room (Rm. 318), 3<sup>rd</sup> Floor,  
7-9 South Leinster Street, Trinity College.

The aim of the group is to provide a safe and non-judgemental environment for students with eating disorders to discuss and share feelings and difficulties with others going through a similar experience. The group is available to people 18 years+. The groups are run by volunteers with a knowledge and understanding of eating disorders. Each group has two facilitators, both of whom have completed training in facilitation, group skills, listening skills, eating disorders and self care. There are male and female facilitators, of all ages and nationalities.

## WHAT HAPPENS WHEN I GO TO A GROUP?

Students are welcomed by Bodywhys facilitators and are provided with tea/ coffee if they wish at some groups. The groups start promptly at the time indicated, so it is helpful to arrive a few minutes in advance. Each person is asked to give their first name to the group. Confidentiality and respect are emphasised. The group generally determines what is discussed at each session. The facilitators do not have a set agenda. People attending are under no obligation to speak during a session. The facilitators ensure the environment is safe for all attending. If you feel uncomfortable or upset, do make sure to talk this through before leaving the session. Our facilitators are always available at the end of a session.

## HOW LONG DOES A SESSION LAST?

A group runs from 1.5 to 2 hours. If you need to leave early for personal reasons, it is helpful to mention to a facilitator before the session starts.

## WHEN IS A GOOD TIME TO ATTEND A GROUP?

If you feel alone in your eating disorder and feel it would be helpful to share your experience and listen to others, a support group provides a safe environment to meet others going through a similar struggle.