

## **EATING ISSUES GROUP- Frequently Asked Questions**

### **Who is the group for?**

This group is for you if you are a student having difficulties with your eating. This usually means you have an eating pattern which involves restricting and/or binge-vomiting food. The group is not suitable for people who compulsively over-eat or are solely binge-eaters

(<https://intranet.birmingham.ac.uk/as/studentservices/counselling/index.aspx> for how to access one to one support). You may or may not have a diagnosed eating disorder.

### **How many people will there be?**

Up to 10 students.

### **What if I recognise someone else?**

Confidentiality is an important part of the group. We talk about this at our first meeting.

### **What if I don't fit in?**

Most people are nervous about meeting new people, this is a normal reaction to have.

### **Do I have to attend all 6 sessions?**

It is really important that you clear your diary for all the sessions as what you give to the group and others is as important as what you receive.

### **Do I have to speak?**

You decide for yourself how much you want to disclose, when you are ready. However the more you get involved, the more you will benefit from the group.

### **What do we talk about?**

Past issues covered are health, nutrition, relationships, eating patterns, the media, feelings, perfectionism, body image, self-confidence, food in families, making changes, anxieties about change.

### **Will it make me worse?**

Talking about these issues is not easy. At the beginning, the group pledges a non-competitive approach to eating patterns, weight and body image, which many people find helpful. Talking about how

you are really feeling about your eating, and listening to others, may put you in touch with your emotions but with the support of the group this is an important step towards addressing your eating problem.

**Is anyone else told if I decide to come?**

No. The confidentiality arrangement will be explained to you before the group starts.

**What happens in the group?**

There is a lot of discussion in pairs and small groups and sometimes other activities, such as working on paper and using craft materials, to help explore topics and support each other.

**Will just talking help?**

Remember this is your group and you help to shape things and make it “work”. Previous members have said it helped to meet others who found themselves to be in a similar situation.

**How do I join the group?**

If you are interested you will have an initial appointment with one of the counsellors leading the group, Sue Anderson or Dorothy Loudon. We will give you further information, answer any questions or concerns you have about joining the group and talk with you about the group’s suitability for you.

Contact Sue direct on [s.r.anderson@bham.ac.uk](mailto:s.r.anderson@bham.ac.uk)

The group runs at Aston Webb Student Hub, University of Birmingham, Edgbaston, BIRMINGHAM B15 2TT (R7 on the campus map).