

CEREMONIAL THERAPY

WE CALL IT “THERAPY IN 3D,”
The goal of ceremonial group is to help clients engage in activities that **open the door to accessing a deeper connection with how we feel.**

This group is designed to challenge preconceived thoughts and ideas about themselves, eating disorders, recovery, and mental health

COMMUNICATION IN RECOVERY

- Clear communication is a foundation for recovery
- Families who engage in effective communication increase recovery success rates by 50%!
- Please understand **EVERYONE** struggles with communication sometimes. It is important to grow together and practice skills.

THE FOUR STAGES OF COMMUNICATION

1. LISTEN--

Give your full attention with no distractions

2. CLARIFY AND REPEAT BACK--

Show you heard what was said

3. VALIDATE--

“That makes sense you’d feel that way...”

4. SOLUTION--

Work together to find a solution

**DON'T
FORGET!**

You must master the first three steps and build trust **before** you can come up with a solution and work together effectively. Jumping straight to step 4 will not have the results you are hoping for!

Good News!

Healthy communication skills can be practiced and developed.

Here are some tricks and tips:

- After listening, try repeating back and asking clarifying questions. ie: "I'm hearing you say you are feeling _____, is that correct?"
- **VALIDATION, VALIDATION, VALIDATION!** Validation is like magic for communication. Remember that validating how someone is feeling is not the same as agreeing with a behavior or course of action. It means you are hearing and seeing the other person where they are right now and understanding the reality of their feelings, no matter how difficult.
- Practicing openness and vulnerability in your own communications help build trust and empathy with your loved one.



RESEARCH SHOWS

4 MAJOR

BENEFITS OF

VALIDATION

FOR THOSE WITH
EATING DISORDERS

Empowerment

Feeling
Cared For

Increased
Trust

Inspiration

Want to learn more?

For a deeper understanding of what has been discussed today, check out the following videos on Youtube!

- "Seek first to understand and then to be understood: Empathic listening" (Mr. Smart)
*First 3 minutes
- "The Power of Listening" (William Ury) TEDexSanDiego



CONSIDER:

WHAT ARE SOME OF YOUR
PERSONAL DIFFICULTIES IN
COMMUNICATING?

