



**MASTERING BALANCE:
POSITIVE TREATMENT FOR
BINGE & NIGHT EATING**

Designed For:

- Individuals who struggle with ongoing episodes of binge and/or night eating

Requirements:

- Must be 18 years or older
- Be medically stable
- Have clearance from PCP to participate in physical activity portion of program

Goals:

- Design and maintain structured eating style
- Increase understanding of nutrition principles as they relate to individual goals
- Identify and modify distorted beliefs related to health, self and interpersonal relationships as they relate to understanding and modifying unhealthy eating patterns
- Secure mindful awareness, emotion regulation, distress tolerance and interpersonal effectiveness skills
- Develop understanding of and strategies for the long-term management of binge eating and night eating

Desired Outcome:

- Develop and maintain balanced eating style
- Build a healthier lifestyle
- Support personal weight goals

Program Description:

- 12 week program
 - First six weeks offer a rolling admission
 - Final six weeks, admission begins at start of next cycle
 - Group program meets every Tuesday/Thursday from 5:00–7:00 p.m.
- Individual meetings conducted with:
 - Registered Dietitian
 - Licensed Mental Health Professional
 - Exercise Physiologist (on initial assessment)
- Groups are conducted twice a week and include:
 - CBT
 - DBT
 - Stress management
 - Nutrition
- Participants have full access to a state-of-the-art health facility during their participation in the program
- Individual meetings with registered dietitian and licensed mental health professional alternate weekly, Tuesday or Thursday between 2:00–5:00 p.m.
- Group meal night occurs 2 times per 12 weeks

Testimonial:

"I have spent many years and many tears dealing with my weight issues. A few months ago, something very special happened. I came across a program called Mastering Balance. I was able to learn why I eat the way I do and how to make healthy changes. I was given many tools as guides to help me along to a healthier lifestyle. I think the best part of the program was learning that I was in control. My self-esteem has soared in the past few months and I thank Mastering Balance for that." *Jeanne*

For additional information, please call 781-647-6727 or call Roberta Pearle Lamb, Director of the Mastering Balance program at 781-647-6789 or email rlamb@waldenbehavioralcare.com.

To schedule an in-service for your staff, please call John Rocker at 781-647-6702 or email jrocker@waldenbehavioralcare.com.

For additional information on Walden Behavioral Care and our programs, please visit our website at

www.waldenbehavioralcare.com