

Esperanza Outpatient Groups

- **DIALECTICAL BEHAVIOR THERAPY**

WEDNESDAY EVENINGS 6:00PM - 7:30PM

Led by: Ronald Holder, PsyD, LPC-S

A 16-week Dialectical Behavior Therapy Skills group with rolling enrollment for adults. This skills group is designed specifically for persons with disorders of Emotional Dysregulation, ie, Borderline Personality Disorder, Major Depressive Disorder and/or Anxiety Disorder.

- **RADICALLY OPEN DIALECTICAL BEHAVIOR THERAPY**

THURSDAYS 5PM - 6:30PM

Led by: Deborah Loukas, NCC, LPC-Intern

Radically Open Dialectical Behavioral Therapy is an evidence based protocol for treating disorders of over control such as Chronic Depression, Anorexia Nervosa, Obsessive-Compulsive Personality Disorder, Treatment Resistant Anxiety, Autism Spectrum Disorder, and Maladaptive Perfectionism. Through each 90-minute, 18-week session, members will learn skills to address over control traits that inhibit their ability to connect and build healthy relationships with others.

- **EMOTIONAL EATING SUPPORT GROUP**

SATURDAYS 10:30AM - 12PM

Led by: Susan C Mengden, PhD, CEDS-s

An open and on-going educational and support group for emotional eating (BED, Night Eating, Compulsive Overeating, and Bulimia). Components include Dialectical Behavioral Therapy, Cognitive Behavioral Therapy, Acceptance and Commitment Therapy and Mindfulness skills.

\$30 per session

210.253.9763

Please call our office for information and registration

Free 12-Step Support Group

EATING DISORDERS ANONYMOUS MONDAYS 7:30PM-8:30PM

The only requirement for membership is a desire to recover from an eating disorder. There are no dues or fees. There are no diets or food plans. Balance - not abstinence - is our goal. We focus on solutions to issues so we can lead happy and purposeful lives.