

My Body is OK!

A group program to help girls accept and love their bodies

Does thinking about the way you look get you down? Do you worry about your appearance?

Has your appearance stopped you from doing the things you enjoy?

Did you know that body image is *continuously* found as one of the major concerns for young people?

Think Psychology Solutions is excited to announce the launch of 'My Body is OK!' – a 6-week group program aimed at promoting positive body image in adolescent girls. The group is based on principles of Cognitive Behavioural Therapy, a well-known model that looks at people's thoughts, feelings, and behaviours, and how they relate. The group covers a range of information, including:

- What is body image?
- What influences my body image?
- Recognising how we think and feel, and how this affects our body image
- Eating disorders and other unhealthy behaviours
- Nutrition and body image
- The truth about diets
- Challenging our thinking about body image
- Promoting positive body image
- Confidence and self-esteem building



The group is run by psychologists experienced in the area of body image and other mental health concerns. The group aims to provide helpful tools and ideas of how to increase positive body image. The group also provides a supportive environment to discuss openly about any body image concerns and how these might be addressed.

Who is it for? Girls between the ages of 12 and 18 years

When will it start? Term 3, 2013

Where will the group be run? At Think Psychology Solutions, Suite 2, 17 Napier Close Deakin, ACT

When will it run? After school (specific day to be confirmed), 4 – 5:30/6 pm, for 6 weeks

How much will it cost me? Sessions may be Medicare rebated if you have a GP Mental Health Care Plan; specific costs to be confirmed

How do I join the group? Contact Think on 6282 8266. A parent or teacher can call on your behalf.

What do I have to bring to the group? Feel free to bring a notepad and pen if you would like to take notes.

If you have any further questions, please contact Think Psychology Solutions on 6282 8266 or reception@thinkps.com

