



PATHWAYS TO RECOVERY

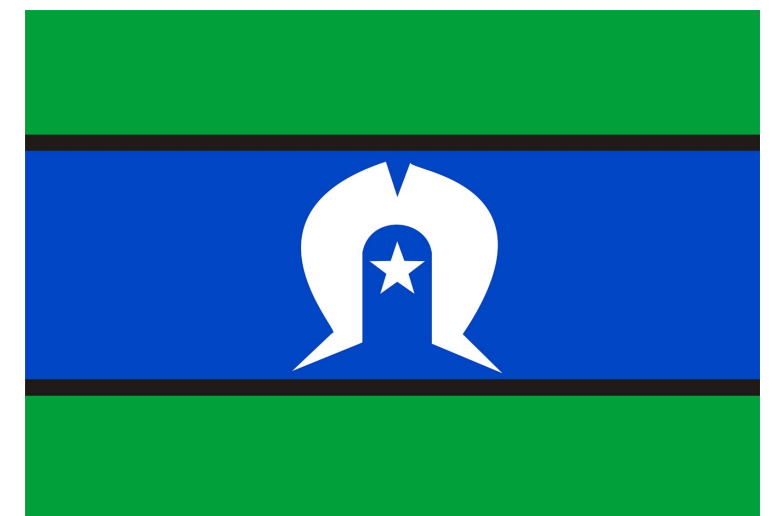
Week 1

VISION FOR RECOVERY • BUTTERFLY FOUNDATION

Acknowledgement of country

We acknowledge the Traditional Owners of the Country from which we connect today, and extend our acknowledgement and respect to all Aboriginal and Torres Strait Islander cultures across Australia.

Butterfly recognises Aboriginal & Torres Strait Islander Peoples' continuing connection to the land, and pay respect to all Elders - past, present and emerging. We celebrate Aboriginal and Torres Strait Islander cultures and knowledges which strengthen and enrich the heritage of all Australians, in particular within the mental health space.



Pre-program questionnaire

Please complete



[Menti.com/altbyjduu4im](https://menti.com/altbyjduu4im)

Our weekly group guidelines



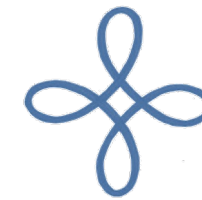
Be on time.

Our groups start strictly to time.



Respect differences.

Try to focus on similarities



Recovery focused.

Encourage one another toward hope



What we say here, stays here.

Maintain confidentiality



Avoid advice giving.

Try to just listen



Avoid triggering.

Do not refer detailed ED behaviours



Taking turns.

Be mindful of the length of time you speak



Keep camera on.

Respect the comfortability of everyone



Stay present.

Try not to multitask.
Stay engaged

Commitment to attend

**When you registered, you ticked
a box to acknowledge that:**

...Pathways to recovery requires me to commit to attending the full program of 8 weeks. This helps me to get the most out of the program. Recovery requires consistency and commitment.

Keeping others safe when sharing your lived experience with safe language

Avoid sharing details about specific ED behaviours

"Engaged in X activity X times a day"
"Purged X times a week"
"Weighed myself X times a day"
"Consumed X calories"

Don't include measurements and metrics

Weight
Calorie intake/outtake
BMI
Waist/body measurements

Avoid words that can carry judgement

Avoid words such as "skinny", "obese" or "thin"
Opt for words and phrases such as "living in a smaller/larger body"

Be mindful of stigmatising language

The word 'sufferer' sometimes implies 'victim' in the minds of many people

Avoid sharing anything you think someone with an ED would copy or compare themselves to

Safety Measures

- Use your breath and try to self-soothe, if possible staying in the group on Zoom.
- If you need some time off, please let us know in the chat and turn your camera off.
- If you feel you need extra support, send a private chat message to the co-facilitator.



Welcome to Pathways to recovery

8-week psychoeducational skills-based program which focuses on building skills and motivation to recover from an eating disorder and to provide practical and relevant techniques to be employed throughout the recovery journey.

The Pathways to Recovery program is an adjunct to individual therapy. This is due to the nature of some material and the risk of participants becoming triggered throughout the program. It is important to have an individual therapist or support network to work through any issues that may come up throughout.

You can also call the Butterfly Helpline at 1800 33 4673 to receive in-the-moment support.

Program overview

1. Vision for Recovery
2. Motivation & Change
3. Body & Self
4. Deconstructing the Chain of Events
5. Vulnerability & Connection
6. Nourishment
7. Movement & Meaning
8. The Journey Ahead

Weekly topics are presented from various therapeutic styles, some of which will resonate with you more than others. This will help you to identify which fits best with your recovery. Think of each week as a “taster” of different therapeutic approaches and try to be open to new ideas and ways of thinking. As you know, there is no ‘one size fits all’ approach to recovery from an eating disorder, so we have ensured that Emerging incorporates a range of different techniques.



Vision for recovery Week 1

- Deconstructing Eating disorders
- What is your understanding of eating disorder and the recovery journey?
- Recovery is Possible
- Wheel of Life Worksheet
- GROW Model Worksheet

**What is your understanding
of eating disorders?**



Understanding eating disorders

No matter your size, shape, age, abilities, gender identity, sexuality, cultural or linguistic background, economic status, profession or location, anyone can experience an eating disorder.

Recovery is possible

“Changing your behaviours and embarking on recovery can be a stressful and scary endeavor. You may have tried getting better and failed many times, or maybe this is your first try, but either way... you can really do this”

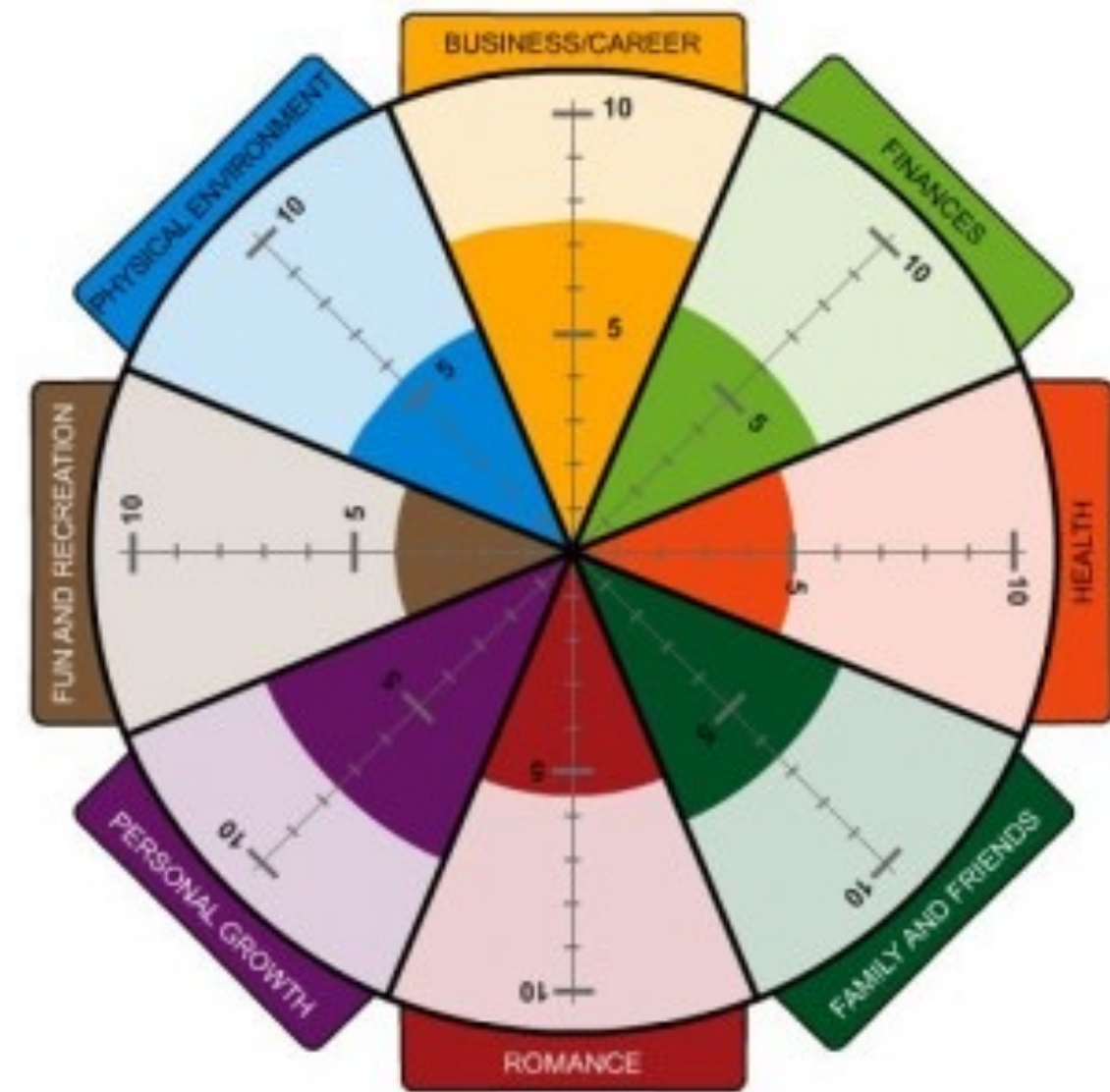
“Whoever you are and whatever your story, you can get better”

– Carolyn Costin
8 Keys to Recovery from an Eating Disorder Workbook

To read diverse personal stories of recovery visit the Butterfly website at - [butterfly.org.au/your-stories](https://www.butterfly.org.au/your-stories)

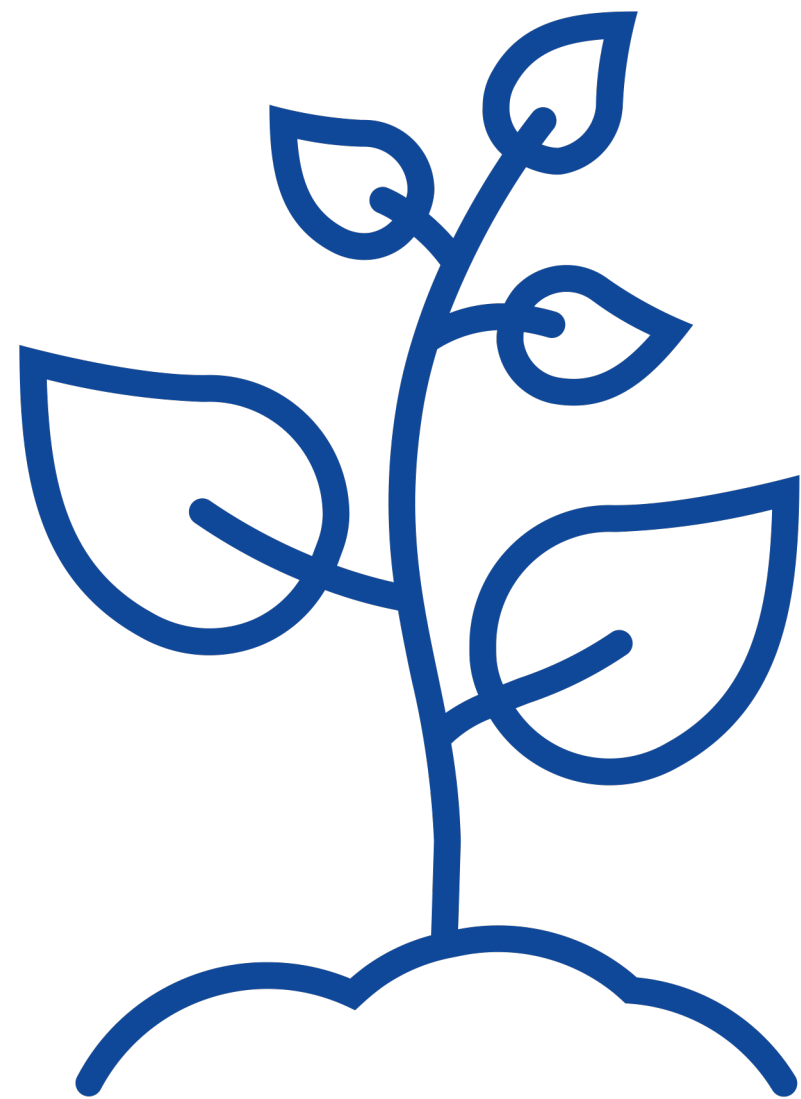


Your wheel of life worksheet



Example

Setting intentions



G Goal

R Reality

O Options

W Will

Grow model

GOAL

What do you want to experience?

How will I know when I am experiencing it?

REALITY

What is happening now in terms of this goal?

How far am I away from the goal?

OPTIONS

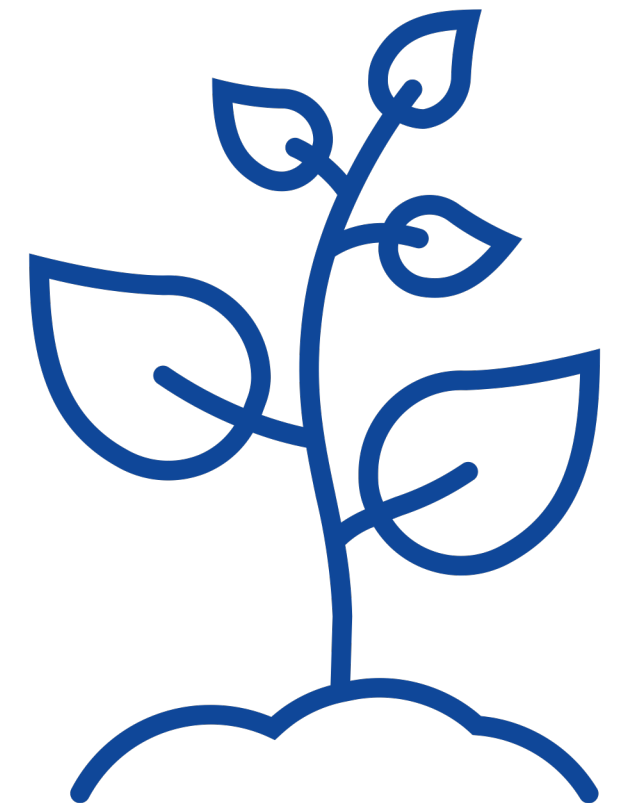
What options do I have?

What is standing in my way?

WILL

Which option will I commit to?

What can I do now?



Intention for the week ahead