

Skills Training for Adolescents in Recovery Group (S.T.A.R)

Who should attend? This group is for adolescents who are working to recover from an eating disorder. It helps build coping skills, provides additional support for recovery and is designed to work along with ongoing outpatient treatment. To take part, adolescents must be seeing an individual outpatient therapist while attending this group.

How long is the group and what does it cover?

The group includes 3 modules. Each module will include 10 sessions that last 60 minutes each. Sessions cover these topics:

Module 1: Mindful Coping: Creating Coping Skills that Work for You

- Practicing calming and relaxation exercises for everyday use
- Practicing mindfulness
- Learning these skills through both discussion and creative activities

Module 2: Body Image: What “Body Image” is and how it develops

- How your self-image is influenced by the world around you
- Emphasizing how to accept and be proud of your body and what it can do

Module 3: Goal Setting and Problem Solving:

- Develop an understanding of the connection between thoughts, feelings and behaviors connected to your eating disorder
- Learning to set realistic, desirable and specific goals to support recovery
- Learning to manage strong emotions and identify thinking traps

Where does the group take place? We will meet at Seattle Children’s Hospital in room OB.5.430, across from the entrance to the Psychiatry Clinic (level 5, Ocean zone).

How much does it cost? Your insurance will be billed for each session that your adolescent attends. We recommend that you call your insurance to find out if the cost of the group is covered and how much you need to pay if the full amount is not covered. The procedure code billed for the group is: 90853 group psychotherapy.

To Learn More

- Psychiatry and Behavioral Medicine
206-987-2164
- Ask your child’s healthcare provider
- seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.



How do I register?

If you are interested in finding out if this group is a good fit for your family, please contact your child's medical or mental health provider. Your provider will need to send a referral to Seattle Children's Outpatient Psychiatry for "S.T.A.R. Group." Once we receive a referral from your provider and we have an opening, we will call you to schedule.

If you are a current patient in outpatient psychiatry, please talk to your Children's provider about attending this group. For more information about our services visit seattlechildrens.org/getservices.