

Il Pellicano

Il Pellicano Onlus is a **non-profit organization** for helping people with eating disorders and weight problems. Founded in Perugia in 1997 by patients and ex-patients, today it offers individual and group therapy to patients and their families in a multidisciplinary approach based on psychotherapy and nutritional coaching. *Il Pellicano* also engages in guided self-help, research, documentation, education, prevention and consultancy.

Il Pellicano closely collaborates with the Local Health Unit of Perugia, *AUSL n. 2*, with the Perugia Hospital, *Azienda Ospedaliera di Perugia*, with the Faculty of Medicine at the University of Perugia, and with the Faculty of Psychology at the University *La Sapienza* of Rome.

Who leads the Self Help Group?

The Self-Help Group is led by former patients who have overcome their eating disorders. Their work is supervised by psychotherapists of *Il Pellicano*.



Il Pellicano ONLUS
Perugia

Practical Information

Where?

At *Il Pellicano* in 6, Via Marconi
(in the city centre near Tre Archi/Corso Cavour)

When?

Wednesdays
from 6.00 -7.30 pm

Contact Information

For information or to sign-up, please contact:

Il Pellicano (Italian speaking)
6, Via G. Marconi
Tel. 075 5723894

Sytske Warns
(English and Italian speaking)
Tel. 339 7521350

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Il Pellicano ONLUS



Comune di Perugia



Università
per Stranieri
di Perugia

Self-Help Group Emotional Eating & Eating Disorders

Wednesdays 6.00-7.30 pm



Il Pellicano Onlus Perugia
non-profit organization
concerned with eating disorders
and weight problems

Do you...

- * constantly think of **food**, eating and **weight**?
- * eat to fill a void, to find comfort, or to avoid **negative feelings** like sadness and anger, or to reduce stress?
- * feel **strong** if you resist hunger feelings and defeated and **guilty** after you eat?
- * often feel self-conscious and **insecure**?
- * try to **restrain** your calorie intake?
- * have **binges** where you eat things or amounts that you deny yourself during regular meals?
- * feel that everything you do has to be **perfect**?
- * dread **loosing control** with weight/eating and are you constantly fighting that fear with compensatory behaviour?
- * avoid situations where you **eat with others**? Or those where you **eat alone**, because you might “lose control”?
- * feel **ashamed** of your eating behaviour and anxious to “keep the secret”?

- * always try to meet (alleged) **expectations**?
- * find it hard to speak up when someone crosses your **boundaries**?
- * feel that your eating problems are your biggest **enemy**...and your best **friend**?
- * feel **desperate** sometimes because you cannot control your eating habits or your emotions?
- * feel that resolving your problems is **hopeless**?

Come to the SELF HELP GROUP!

Who can participate?

- ➔ You, if you answered “yes” to some or most of the questions above.
- ➔ You, if you’ve suffered from problems regarding eating/weight /self-image.
- ➔ You, if you just want to share your experiences with others.
- ➔ You, if you have a specific eating disorder (Binge Eating Disorder, Anorexia Nervosa, Bulimia Nervosa, Obesity, Orthorexia Nervosa...), with/without former treatment.
- ➔ You, if you’re looking for recognition and support and you feel more comfortable talking about these things in English than in Italian.

Why this Self-Help Group?

Eating Problems are the expression of inner emotional and psychological distress.

The stress associated with living in a different country, might make current problems worse. Talking about delicate topics may be harder if you’re not fluent in the local language and if you don’t know where to look for help.

With this self-help group you will find support and recognition, and you can draw hope and motivation from seeing people who have overcome exactly what you’re struggling with.

Purpose

Our aim is to help you understand the **function of your eating problems** and transform former dysfunctional behaviour into more constructive habits.

Format

This self-help group is open, which means that participants may step in at any time and attend for as long as they wish. The self-help group is led by someone who has overcome an eating disorder. After signing up you will have a **preliminary interview** to discuss what *Il Pellicano* (turn page) can do to help.

Approach

We don’t offer prescriptions to live by, but provide a respectful environment, **free of judgement**, where people can share their experiences and find support and compassion on their way of self-discovery.

We help people to be **their own guide** in finding their path towards recovery while standing by you throughout the whole process. The group helps you learn how to take charge and make changes that will improve your health and serenity.

