



MULTI-SKILLS GROUP

Tuesdays 4:15-5:15pm
\$75 per group

The Multi-skills group is designed to encourage skillful living by encouraging growth and autonomy through skill development versus reliance on maladaptive behaviors. It is a didactic and experiential group where participants will learn and apply skills presented in group through, discussion, illustration, and practice of the skills. Skills explored will be from a variety of models including CBT, DBT, ACT, and the triangle theory.

For more information, please contact
Kim Frey at 404-343-4162 or email
Admin@atlantacenterforwellness.com.

**Please go to www.atlantacenterforwellness.com
to register and for a comprehensive description of
this and other groups on the COPE™ schedule**



ANNE MOORE, Psy.D.

Dr. Moore has a 25+ year history of working with individuals who struggle with eating disorders. She has experience working with and running treatment programs at all levels of care including outpatient, partial hospitalization, intensive outpatient, and residential treatment. She has a comprehensive grasp on the importance of skill development in recovery from eating disorders. Dr. Moore wrote her dissertation on the effectiveness of using DBT to treat eating disorders when it was a model primarily being used for self injury. She developed “the Cognitive Circle” and published it in her book “Living Joyfully In Our Bodies” in 2013. Additionally, Dr. Moore developed a treatment model for compulsive self destructive behaviors titled the “Triangle Theory”.



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