



Comprehensive Outpatient Program for Eating Disorders at AC4W

## FBT INFORMED PARENT FOCUSED THERAPY GROUP FOR PARENTS OF CHILDREN WITH RESTRICTIVE EATING DISORDERS

**Thursdays 11 to 12:30 PM**

**Starts at various times throughout the year**

**We will either meet in person with masks at  
Atlanta Center for Wellness or via virtual platform,  
depending on COVID pandemic status**

**Required Reading: *Survive FBT: Skills Manual for Parents  
Undertaking Family Based Treatment (FBT) for Child and  
Adolescent Anorexia Nervosa* by Maria Ganci**

**\$125.00 per person/group (\$200 for both parents)**

**8-week commitment**

**This is a parent therapeutic group that will provide a safe space to work through an FBT informed parent focused treatment model. This group is intended to support parent(s) of a teen with a restrictive eating disorder. This group will spend 1-2 sessions on psychoeducation of restrictive eating disorders and Phase I FBT tenants in breaking down treatment. The next 2-3 sessions will work through parental empowerment, problem solving around meal support/structure, setting limits, and working through renourishment through an FBT lens. The last 4 sessions will discuss and highlight supporting the supports, readiness for FBT stage 2 work and addressing parental anxiety, burnout, and compassion fatigue.**

**For more information, please contact  
COPE™ Admin Kim Frey at 404-343-4162  
or AC4Wbilling@gmail.com**



**Carrie Poline  
D.O., FAPA, CEDS**

Dr. Carrie Poline is a double board-certified child & adolescent and adult psychiatrist specializing in eating, anxiety, mood, and child behavioral disorders where she sees patients ages 5-65 in her private practice in Sandy Springs. Dr. Poline lectures about eating disorder prevention, early intervention, diagnosis and treatment. Dr. Poline, a certified eating disorder specialist, is the supervising psychiatrist at the Renfrew Center for Atlanta. She is an adjunct faculty member of Emory University's Department of Child and Adolescent Psychiatry where she has taught and supervised residents. She is a fellow of the American Psychiatric Association (APA) and a member of the Georgia Psychiatric Physicians Association (GPPA), American Academy of Child and Adolescent Psychiatry (AACAP), Academy of Eating Disorders (AED), and the International Association of Eating Disorder Professionals (IAEDP). Dr. Poline also serves on the medical advisory boards of EDIN and Skyland Trail in Atlanta.



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