

# Guidelines for Participation

## EDSNA Support Groups



To ensure that EDSNA remains an organization noted for compassion, respect and safety, we ask for your support in following the rules and guidelines set out below.

**Confidentiality:** It is critical that you hold in confidence the identity of, or information about, anyone you may know through EDSNA. The information that you share during your involvement with EDSNA will remain confidential with the following exceptions:

- You are in imminent danger of causing physical harm to yourself or other
- There are reasonable grounds to suspect physical or sexual abuse of a minor, elderly or person with developmental disabilities
- There are reasonable grounds to suspect sexual abuse by a regulated health professional

**Open Mindedness:** EDSNA tries to create an environment that respects differences of all kinds. People who come here are asked to demonstrate this respect to the best of their abilities. EDSNA is committed to providing an environment free of harassment and discrimination.

**Pro-Recovery:** EDSNA groups are established to empower, support, and inform recovery. We all commit to supporting one another, to the best of our ability, to find recovery, health and balance.

**Food:** Consumption of food is not allowed during group programming. You are more than welcome to bring your own non-alcoholic beverages.

**Non-dieting philosophy:** EDSNA supports a non-dieting philosophy. To create a safe place for those who are struggling with eating disorders, we ask that participants refrain from talking about dieting, weight loss or weight gain, numbers, calories, or specific symptoms or behaviours (grouped as “triggers”). Questions about triggers can be directed to group facilitators or EDSNA staff. Conversations may be reframed if potential triggers are presented.

**Commitment:** Programs have limited enrollment in order to ensure maximum benefit of all participants. If you do not think that you are ready, or cannot attend the full session (the entire duration of a single session and/or the entirety of a multi-week series), please consider registering in a subsequent session. Facilitators may communicate concerns regarding attendance if two (2) or more sessions are missed.

**Facilitators:** Our facilitators are professionals with extensive training and experience in helping individuals deal with eating disorders. The facilitator is the group leader and responsible for the group as a whole. They are to be treated with respect at all times.

**Electronics:** In order to protect the confidentiality of others in the group and in order to ensure that groups run without interruption we ask that you turn off all electronic devices during programs. Taking photographs and/ or video or audio recording during groups is not allowed.

I confirm and acknowledge that:

- 1) I have read the Guidelines for Participation and agree to be bound by them.
- 2) It is my sole responsibility to consult my physician to determine whether I have any restrictions which would limit my use of the support offered by EDSNA.
- 3) EDSNA is not offering or authorized to provide treatment.
- 4) I will assume responsibility for my own physical and emotional health at all times while participating.
- 5) I will be respectful of the privacy and rights of other participants of EDSNA programming.
- 6) My contact information will not be shared with other group members. Any contact made outside of the group between group members will be at my discretion, and will be initiated by me. I will not hold EDSNA liable or accountable for any interactions that happen between group members outside of the group.