

A 12 Week Online Program for Emotional & Binge Eating

Description:

An Innovative and Engaging Online, self-help program for Emotional Eating, Binge Eating and Bulimia.

Our program has been designed by Emma Murphy, Psychotherapist and Eating Disorders Specialist, based on her experience of running a Therapy Group for Eating Issues over three years at her centre in Dublin, Ireland, and working individually with clients struggling with all aspects of food, weight and body image.

Country: Online only - doesn't apply

City:

Website: <http://www.changepanda.com>