



# Body Image Group for Teen Girls

**Ages: 14-18**

**Number of participants: 5-10 clients**

**Group Leader: Tori Vilck, Registered Art Therapist**

**\$280 per client (includes art supplies)**

**Starts Tuesday August 15 and runs for 8 weeks from 6 to 7 pm**

A group designed to improve the relationship with yourself, using art therapy as a tool to connect with your authentic self. Exploring topics related to, but not limited to, body changes, relationship with food and exercise, self-compassion, personality expression, self-care, and fostering an authentic self. As adolescents are continuing to explore who they are and how they interact with the world - a lot of emphasis can be placed on our physical appearance. Through group activities, talk therapy, and individual engagement in art making, the process of fostering a healthy relationship with yourself is the goal. Explore what is on your mind with the support of other group members and an art therapist. The group will meet at Milestone's offices in Yardley, PA for 8 weeks on Tuesday evenings.

## **Week 1: Relationship with Your Body**

Explore what body image is to you and how others taught you what body image is, where you are right now with your body image, and recognizing the changes that you want to make to have a better relationship with yourself.

## **Week 2: Body Image Journey Map**

Using information from the previous group, you'll create a map that leads you towards your long-term goal with body image while acknowledging all the barriers that may come up along the way.

## **Week 3: Body Image Hierarchy of Needs**

Using Maslow's hierarchy of needs, the group will create an individual and group hierarchy of needs for your body image.

## **Week 4: Body Map of Emotions**

Using an emotion wheel, you'll find areas you hold these emotions in your body and how it influences that perception you have on certain parts of you.

## **Week 5: Social Media Influence**

Considering how much social media and the media influences daily perceptions, we'll evaluate what is worth comparing and what is not in order to heal and detach from the power these medias have over us.

## **Week 6: Self-Compassion Garden**

Engage in conversation about self-compassion and how to integrate it into your everyday life while using a garden metaphor of all that can bloom when being kind to yourself.

## **Week 7: Power of Words**

With the help of powerful poems, we'll read and respond to two poems that send a message of inclusivity and love to ourselves for exactly how we already are.

## **Week 8: Group List Project and Mini Paintings**

The group will create a final list as a closing activity of all the ways to engage in better body image activities. After spending weeks together, we'll make abstract mini watercolor paintings as an offering to one another to take with us.

# Victoria Vilk, Registered Art Therapist



"Hi, my name is Victoria but everyone calls me Tori! I'm an art therapist, working towards my board certification and LPC. I practice with a holistic view of therapy - using the mind, body, and soul as part of the therapeutic process. Specifically, I bring solution-focused goals to therapy for behavioral changes that are not beneficial to long-term wellbeing. I work with individuals to improve their self-esteem, confidence in themselves and their relationships, and heal from past experiences. My goal for all clients is to find their authentic self, express their emotions and needs appropriately, and use self-compassion regularly to handle the hardships of life."

Do you know a young woman who would be interested in attending this group? Contact Milestone Counseling and Wellness



MILESTONE  
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