

Guidance on referring a group member to a professional

The 3D program is not intended to replace the expert advice that may be needed for your individual group members' physical or emotional needs.

Specific medical nutritional issues that may require professional consultation in addition to group participation include but may not be limited to:

- Diabetes
- Cardiovascular conditions
- Metabolic disorders
- Gastrointestinal disease
- Disordered Eating or Eating Disorders (including anorexia, bulimia, binge eating disorder, night eating syndrome or orthorexia)
- Other serious acute or chronic medical conditions that may require a therapeutic diet supervised by a dietetic professional
- Use of specific medications that may require dietary restrictions

Expert advice should be provided by:

- A Registered Dietitian (consult www.eatright.org for a national directory)
- A Nutritionist who is licensed in your state
- A Certified Diabetes Educator
- A Physician
- A Psychotherapist or Psychologist
- Other qualified healthcare professional who may be treating a particular medical condition
- Group leaders should not attempt to offer guidance concerning medical issues

Group members may join the group with a particular condition that may limit their ability to modify their diet or to exercise according to the program's recommendations. Individuals should not be required to be weighed or to exercise if their condition dictates.

Group members who may develop or have a recurrence of issues that involve disordered eating should be encouraged to consult a psychotherapist as needed.