

Healthy Futures News+Views

An Educational Newsletter Covering Eating Disorder Treatment and Other Mental Health Issues ~June 2012~ Vol. 1, Issue 1

Eating disorders, mental health focus of News+Views

Welcome to the first edition of Healthy Futures News+Views!

This newsletter is part of our commitment to help educate our patients, our friends in the medical community, and the public at large about our specialty – treating eating disorders. Our plan is to print and distribute News+Views the first of every month. You can subscribe to receive an e-mail copy by sending a request to Jessica@HealthyFuturesAZ.com.

News+Views is one of several ways in which we hope to share our positive stories of recovery from eating disorders and other eating issues, as well as overall improved mental and physical

health.

We're also sharing our message online – all over the web!

In the next few weeks, we're unveiling our revamped and improved website at www.HealthyFuturesAZ.com. In addition, you can view helpful videos from our skilled team members on our Youtube Channel (search HealthyFuturesAZ), read interesting blog articles on our Wordpress site (HealthyFuturesAZ.wordpress.com), or enjoy our "lighter side" through Twitter (@HFinAZ) and Facebook (Facebook.com/HealthyFutures) Our "obscure holidays" posts have proven especially



The Healthy Futures team.

popular!

For those who may not know us, Healthy Futures is located in Scottsdale at 9449 N. 90th St., suite 210. We proudly offer the longest running eating disorder intensive outpatient program (IOP) in the Phoenix area. It includes

nutrition education, meal planning, group therapy, family education and support, and DBT Skills Training. Nutrition, Individual and Family therapies are also available.

In addition, we recently began offering our "Emotional Eating" program. This program offers amazing support, with group and individual therapy from trained and licensed counselors, coaching, exercise support, DBT (dialectical behavioral therapy), "mindful meal" experiences, nutrition support and more.

Healthy Futures also offers general counseling for individuals and families, trauma healing, pre- and post-surgery counseling, life skills training groups, exercise assessment and personal training, and nutrition counseling and education.

To learn more about Healthy Futures, please visit our website or call us at (480) 451-8500.

The collage features several digital assets for Healthy Futures:

- YouTube Video:** A video player showing a woman speaking, titled "DBT Skills - PLEASE Master".
- Facebook Page:** A screenshot of the Facebook profile for Healthy Futures, featuring the tagline "We cure eating issues" and contact information: (480) 451-8500, 9449 N. 90th St. Suite 210, Scottsdale, Arizona.
- Twitter Profile:** A screenshot of the Twitter profile for Healthy Futures (@HFinAZ), showing tweets about comprehensive, caring, and effective eating disorder treatment.
- Website Screenshot:** A screenshot of the Healthy Futures website homepage, displaying navigation menus for "Eating Disorder Treatment", "Mental Health Services", "Resources", "Media", and "Our Team". It includes a "Start the Path to Recovery" form with fields for Name and Email, and a "Get Started" button. Below the form is a "Bulimia, Anorexia and Binge Eating" section with a description of the facility and an "Admission Info" button.

For a healthy relationship, learn to GIVE

As part of the process of healing, the professional therapists and counselors at Healthy Futures offer “Dialectical Behavioral Therapy” (DBT) skills training.

DBT combines standard cognitive-behavioral techniques for emotion regulation and reality-testing with concepts of distress tolerance, acceptance, and mindful awareness. In plain English, DBT helps people feel relaxed and in the moment.

One of the DBT skills sets offered at Healthy Futures is called GIVE.

According to Healthy Futures team member Kim Lipsman, LPC, MEd, SEP, “GIVE really works when you’re using the skills for interpersonal effectiveness,” she said. “It’s especially effective when you want to nurture, or help a relationship, with another person.”

Here is a quick summary of GIVE:

G - Gentle

To help nurture a relationship with another, be gentle with that person. Avoid threatening language or accusations. “Speak to them in an easy,

soft tone,” says Lipsman.

I - Interested

Show you’re interested in the other person by maintaining eye contact. Avoid texting, or shifting around, when in a conversation.

V - Validate

Truly listen to the other person and respond appropriately. “By saying, ‘I heard you say that you feel frustrated,’ is going to be a validating statement,” Lipsman said.

E - Easy Going

Appropriate humor is

an effective way to lighten the mood and to help nurture a relationship with someone.

“Try this GIVE skill the next time you interact with somebody and you’ll be practicing a really great DBT skill for interpersonal effectiveness,” Lipsman said.

Lipsman explains GIVE in further detail in a video on the Healthy Futures Youtube channel. To see the video please search “HealthyFuturesAZ” on Youtube.

Team Member Spotlight

Meet Healthy Futures Director, Mia Elwood

Mia S. Elwood, MSW, LCSW, SEP, founder and clinical director of Healthy Futures, is an Arizona Licensed Clinical Social Worker and a Somatic Experiencing Practitioner. She has been in practice since 1996.

Specializing in eating disorders, Mia worked seven years at an inpatient and partial hospitalization eating disorder program. When the clinic closed in 2003, this led her to create Healthy Futures. She treats anorexia, bulimia and overeating in males and females, age 6 to 60.

Mia also has a specialization in childhood and family obesity.

After struggling in adolescence with eating, weight, and mood issues, her career has been exclusively focused on helping individuals recover fully from weight and eating issues.

Her warm, down to earth, ‘been there’ approach along with her extensive experience and education in these areas help individuals and families feel safe and filled with hope.



Mia S. Elwood

Her overall goal for clients with eating and weight problems is to help them have happier and healthier futures where weight becomes exactly what it should be - simply a number on the scale.

Originally from Nebraska, Mia earned her

master’s degree in Social Work (1995), with an emphasis in marital and family therapy from the University of Nebraska at Omaha. She lives with her high school sweetheart and their three young, happy boys, one of which is a furry dog named Gus.