

Healthy Futures News Views

An Educational Newsletter Covering Eating Disorder Treatment and Other Mental Health Issues

~July 2012~

Vol. 1, Issue 2

Healthy Futures a leader in Somatic Experiencing

The form of therapy known as “Somatic Experiencing” (SE) is designed to help people reconnect with their bodies and move toward healing. It was developed by Dr. Peter Levine and introduced in his groundbreaking book *Waking the Tiger* in 1997.

Today, Healthy Futures of Scottsdale, Ariz., is a national leader in the incorporation of SE therapy, especially for eating disorder treatment.

While SE is most famously known as a way to help those suffering from post-traumatic stress disorder (PTSD), Healthy Futures Director, Mia Elwood, says SE can be incorporated to guide anyone to healing.

“Trauma is anything that affects the nervous system in a negative way,” she says. When someone experiences trauma, the natural fight/flight energy can become bound up. This unresolved energy can then manifest in other symptoms – physically, behaviorally or mentally.

“People with eating disorders are disconnected from their body. SE is this piece of the healing process that helps move through that,” Elwood says.

SE is not about re-experiencing the trauma, Elwood emphasizes, but letting the body discharge the unresolved energy naturally. “SE is a very gentle, natural treatment that helps to release bound up energy.”

Healthy Futures is on the forefront of SE healing, too.



From left, Mia Elwood, Kim Lipsman, Sheri Robenstine and Jeanne Phillips. Healthy Futures is a world leader in incorporating Somatic Experiencing and eating disorder treatment.

This month, Elwood, a Somatic Experiencing Practitioner (SEP), was asked to assist in an SE training session by Berns Galloway, who teaches SE training sessions around the world.

Healthy Futures team member Kim Lipsman, also an SEP, delivered a talk about SE at the monthly Sierra Tucson breakfast (see story this page.)

Saturday and Sunday, Aug. 18 and 19, Healthy Futures is hosting nationally known SE practitioners Anthony “Twig” Wheeler and Stephen J. Terrell. Those interested in sessions or training should call (480) 451-8500.

In addition, Healthy Futures team members Sheri Robenstine and

Jeanne Phillips are in process of earning their SEP certifications (it is a three-year process).

“No other eating disorder program in the world, that I know of, has as much SE training as we do,” Elwood says.

Lipsman delivers SE talk at Sierra Tucson breakfast

Healthy Futures team member Kim Lipsman, LPC, Med, SEP, was the featured speaker at July’s Sierra Tucson breakfast.

Sierra Tucson is an internationally renowned treatment center and psychiatric hospital that hosts a monthly gathering for mental health professionals.

Lipsman’s presentation focused on a Vietnam veteran gaining resilience through

a therapeutic journey using Somatic Experiencing trauma healing.

Lipsman uses Dr. Peter Levine’s completion of self-protective response techniques in the therapy sessions captured on video. The SE treatment methods demonstrate trauma healing by using an individual’s available resources to rebalance and restore the somatic nervous system.

How to keep moving during the hot summer

Appropriate movement and exercise should be part of everyone's daily life, but during the summer months in Arizona, finding the motivation to move can be most challenging.

Healthy Futures team members Anna Contor and Jessica Meinhart are specialists in exercise, movement and motivation, and for them, keeping up with proper exercise when the thermometer is tipping 115, is a matter of creativity.

"It's all about creativity, effort, and having a positive mental attitude," Contor says. "Keep it simple and fun. Find something you like to do. Create some goals, make them visible by creating a

positive motivation poster, and stick with it."

Meinhart suggests keeping cool, and keeping moving, by making a splash.

"During these hot summer months it may be hard to find the energy and motivation to move, so I say it's time to hit the

Activity Ideas

- Playing a game
- Going to a rec. center with friends
- Taking a movement class
- Playing Wii
- Movement and dance videos
- Stretching routines
- Playing with your animals
- Cleaning your house

(Not as fun, but still an activity)

pool!" she says. "Arizona has some great options for this wonderful whole-body experience whether it be your backyard pool, the gym, one of our fun



HF's movement motivators, Anna Contor and Jessica Meinhart.

water parks, or beautiful resort pools. It's a fun activity that gets the whole body moving and keeps it cool."

No matter how one chooses to keep moving, though, both professionals advise keeping well hydrated by drinking plenty of water.

"Drinking a little more

water in these hot summer months can help with that sluggish feeling that dehydration brings, and motivates you to keep moving," says Meinhart.

Anna Contor, MA, MA, CC-AASP is a Clinical Administrator and Individual/Group Therapist at Healthy Futures. She also works with adults and adolescent athletes as an AASP Certified Performance & Exercise Consultant, and has been working with athletes since 2007. As a Certified Consultant, Contor assists athletes and teams with developing and strengthening their mental toughness and performances.

Jessica Meinhart, LAC, MA, MA is passionate about helping athletes and performers in related mental health areas. She is a Certified Consultant for the National Association for Applied Sport Psychology. She is an accomplished dancer and teaches ballet.

Team Member Spotlight



Meet Gus and Max! These cute pooches are ready to help anyone who's having a bad day. While they have no regular schedule at Healthy Futures, they have been known to lend a paw during group sessions. Ask for them by name!