

## OUR MISSION

Water's Edge Counseling and Healing Center (WECHC) is a multi-disciplinary treatment facility with a specialization in diagnosing and treating eating disorders, depression and anxiety.

WECHC strives to assess and treat individuals through a whole-person perspective.

Our belief is that ultimate healing happens when one approaches healing from a mind-body-spirit perspective within a caring, confidential and collaborative relationship. It is through this mutual relationship between client and provider that life can be reclaimed and once again enjoyed.

### Binge Eating Group

This group is available to assist individuals that are struggling with reducing the frequency of binge eating as well as challenging the shame often experienced by individuals engaged in this secretive behavior. Mindfulness, hunger/satiety cues and skills to address the common underlying reasons for binge eating are taught weekly. Participants are also given time to share and support each other.

### Anorexia, Bulimia and Eating Disorder, NOS Group

Similar to the Binge Eating group, this group assists members in reducing shame and identifying triggers to the eating disorder symptoms. Participants challenge the eating disorder each week through a supportive meal and skills teaching. Participants in this group are encouraged to find their voice and speak directly rather than through the eating disorder.

### Body Image Group

This integrative group utilizes yoga, art, desensitization exercises, music, psychodrama and cognitive therapy to assist members in challenging negative relationships with their body. This group is helpful for women of all sizes who have been able to reduce active eating disorder symptoms.

## Medical Services

Consultations by our Physician Assistant are available to assist individuals in the medical management of their eating disorder.

The Intensive Outpatient Program is a group based day program specifically designed for adults who need either an increase in support or are stepping down from a higher level of care (inpatient, residential). Throughout the program, participants are encouraged to approach their healing journey from a mind, body, and spirit approach.

Participants meet multiple days per week and receive meal support, nutrition education, somatic resourcing, spiritual guidance, yoga and other movement therapies. Additional skills taught include DBT, CBT/ACT.

## Dietitian/Chaplain Services

### Dietitian Services

Nutritional consultations by our staff of registered dietitians are available to assist individuals in developing a framework of eating that promotes a healthy mind-body connection for those who struggle with an eating disorder or symptoms of depression and anxiety.

### Chaplain Services

Our ordained Chaplain specializes in the role of spirituality and healing – this is a free service provided to clients and their families of Water's Edge CHC.



## EATING DISORDER SERVICES

- Intensive Outpatient Program (IOP)
- Dietitian Services
- Bariatric Surgery Assessment & Post Surgery Therapy
- Group Therapy
- Family Therapy
- Chaplain Services
- Body Image Group
- Individualized Treatment Programs
- Christian Based Therapy (if desired)

## OUR TREATMENT TEAM

- Psychologists
- Marriage and Family Therapists
- Clinical Social Workers
- Physician Assistant
- Dietitians
- Chaplain
- Movement Therapist

Our multi-disciplinary treatment team works collaboratively with each individual on their journey to healing

## Eating Disorder Services

