

Water's Edge

COUNSELING & HEALING CENTER

“Reclaim your life. . .we can help.”

www.watersedgechc.com

Water's Edge Counseling and Healing Center is a mental health facility that consists of a team of caring professionals who focus on diagnosing and treating eating disorders, depression, anxiety, and other mental health struggles. This team of providers offer a combination of education, psychotherapy, nutrition counseling, spiritual counseling (including Christian Counseling), medical monitoring and psychiatric medications to help adolescents and adults free themselves from these debilitating illnesses. The variety of services offered include two intensive treatment programs, one for eating disorders and one for depression and anxiety.



Kim Bushman, PhD, Licensed Psychologist and Founder

What is unique about the atmosphere and experience at Water's Edge CHC is the truly individualized and personalized experience. Kim Bushman, PhD, LP, the founder of Water's Edge CHC, stated that “as a small organization our clients report they feel known and not like a number”.

Recently, one client reported she has previously been in treatment at other facilities and what she likes about Water's Edge CHC is that she doesn't feel lost in a system.

Another distinguishing feature of services at Water's Edge CHC is clients now have a much broader array of options on how to structure their treatment. In addition to individual therapy and appointments with providers on their team, clients who need more intensive services can now choose from a variety of program start and end times

as well as frequency of attending. Dr. Bushman indicated Water's Edge CHC's team of providers realized in today's economy, individuals experiencing eating disorders and mood disorders are more reluctant to take time off of work to seek the appropriate care. The thought is that if individuals have more flexibility such as still being able to work part-time to three-quarters time while engaging in more intensive care,

along with generous payment plan options, they may be more willing to get the help they need. Dr. Bushman adds that timeliness of treatment is important as research suggests early intervention is one of the factors shown to improve the outcome of treatment. Dr. Bushman's goal is to provide timely, effective treatment in a loving and caring environment while reducing the burden of treatment to a minimum.



“The (depression/anxiety) program is intentionally small (in members) to provide a safe and supportive healing environment.”
~ Amanda Young, Psy.D., LP

A new intensive program for individuals with more severe or unrelenting symptoms of depression and/or anxiety has also been added to enhance the flexibility of treatment options. For some individuals, this program may be recommended in addition to individual therapy. Individuals who experience an eating disorder AND depression/anxiety may receive a recommendation to this program in addition to individ-

ual therapy. It may also be recommended in addition to the intensive treatment program for eating disorders. This structure provides individuals with a wide range of treatment options that can be chosen based on their individual circumstances.

An additional upcoming program at Water's Edge CHC is a Christian recovery group for individuals with eating disorders. This group will be for individuals with spiritual

beliefs that align with Christianity or for individuals who want to know more about how Christian teachings may assist them on their healing journey.

For more information about the services, insurance coverage and/or payment plans offered at Water's Edge CHC, visit their website at www.watersedgechc.com or give them a call at 952-898-5020.

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