

Christian Recovery Counseling

WINTER 2017

UPDATES

Mission Statement

To provide hope, healing and freedom from the life experience of physical, sexual and emotional abuse

Vision Statement

To make professional Christian counseling available without constraint to the hurting and abused

Values Statement

CRC is committed to reflecting Christ in all aspects of the organization; inspiring hope by speaking the truth and breaking the cycle of abuse, and believing steadfastly in the power of prayer, the Word of God and His healing power.

Golden Valley Offices Are Moving

CRC's Golden Valley offices are moving. We've been in our current location for many years, split between two spaces at either ends of the building. A new space will allow us to all be in the same space. We will also be adding a couple of conference rooms to facilitate our growing number of groups. We have not settled on a specific site yet, but the move will be at the end of June.

Moving comes with great expense (disconnecting phones, reconnecting them at the new facility, setting up internet connections

and all of the IT equipment, servers/networks, etc.) Then there is reprinting all materials with the new addresses, updating the website and oodles of listings with insurance carriers, government agencies, licensing boards and more. In addition, most of our furnishings have been around since 1993, well loved and used!

This move will give us a fantastic opportunity for a fresh start! New fresh paint, carpet and we are praying for new/updated furnishings to go with it.

We will be doing a moving fundraiser soon, so please be in prayer about how the Lord would lead you to give.



Watch your mailbox and inbox for updates and information!

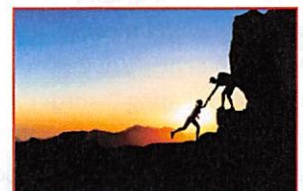
'Rise Up To Build Up' Update

We met our goal for the 'Rise Up To Build Up' fundraising campaign we ran from late October through the end of January. Our goal was \$70,000 including the \$35,000 matching grant we received. Each and every donation helped get us one dollar closer. A huge shout

out and thank you to everyone of you that gave, that believes in the mission, that prayed, that shared— YOU MADE A DIFFERENCE and we appreciate you!

Your donations go to our 'Client Assistance Fund' that allows people who are unable to afford care for a variety of

reasons to be able to get the therapy they so desperately need. Vicariously, you helped someone get on the path to hope, healing & wholeness!





Christian Recovery Counseling
8441 Wayzata Blvd., Suite 160
Golden Valley, MN 55426
Phone: 763-566-0088
Fax: 763-566-0089
christianrecoverycenter.org

EATING DISORDERS AWARENESS WEEK: Debunking Myths and Improving Awareness

By Julia Kidwell, PhD., LP

February 26th through March 3rd is National Eating Disorders Awareness Week. Eating Disorders may be one of the most misunderstood, yet also most dangerous, psychological illnesses. Many assumptions underlie eating disorders and sadly, a great deal of misinformation about them exists. In honor of Eating Disorders Awareness Week, let's break down some common myths about eating disorders:

Myth One: People with eating disorders just want to be thin

Facts: Eating disorders are caused by a complex combination of biological, psychological, and environmental factors and are a serious, and sometimes even lethal, psychological illness, not a choice one makes to be thin. Matter of fact, the belief that someone chooses to have an eating disorder is damaging to those individuals with eating disorders who are working hard to recover. No one thing causes an eating disorder, but instead, a number of factors interact to bring about an eating disorder. Eating disorders are not just about one's physical appearance (sometimes they are not about physical appearance at all) but often about one's desire to reach a certain standard of perfectionism, control, or perceived achievement they have set for themselves. Also, only some people with eating disorders will appear thin, many people with eating disorders have a normal body weight or are even overweight.

Myth Two: Simply eating will heal an eating disorder

Facts: Eating disorders are treated in a variety of ways, but the best care for eating disorders involves treatment that is multi-faceted in that it incorporates physical and psychological care. Eating disorder treatment often does involve re-nourishing one's body with an appropriate food intake and ensuring they have necessary vitamins and minerals through consistent care from medical professionals. Yet it also involves working on a psychological level to understand factors that contributed to an eating disorder, factors that have perpetuated the eating disorder, and how to use coping skills, resources, stress management, and psychological tools to become healthy. Therapy for eating disorders often includes cognitive behavioral therapy, dialectical behavior therapy and interpersonal methods. In addition, some persons with eating disorders receive adjunct services such as consultation with dietitians, family-based treatment, group therapy, massages, and/or yoga to help them recover in a complete way. Eating disorders are a disorder of the mind and the body and need to be treated as such.

Myth Three: People grow out of eating disorders

Facts: Eating disorders are a serious psychological illness and therefore; they need appropriate treatment. Some people with an eating disorder will experience varying symptom severity at different times in their lives (for example, during times of high stress symptoms may be worse), but this does not mean they will "grow out" of an eating disorder. And in fact, typically when eating disorders, or any psychological illness for that matter, are untreated, they worsen over time. Treatment outcomes tend to be best when individuals receive care as soon as possible. Waiting to seek out care often means that unhealthy behaviors or thought patterns associated with the eating disorder will become even more ingrained in one's life.

Myth Four: Only teenage girls have eating disorders

Facts: No one is immune to eating disorders and anyone can have an eating disorder. Men, women, teenagers, young and older adults can all have eating disorders. Additionally, persons from all socioeconomic and racial backgrounds can develop an eating disorder. While some eating disorders do impact women more than men, other eating disorders, like Binge Eating Disorder, do occur in men more often than women. Some research has suggested that 1 in 4 persons diagnosed with an eating disorder are male (Alliance for Eating Disorder Awareness).

There is help available for persons struggling with eating disorders and their loved ones. If you or someone you know is struggling with an eating disorder please visit the resources below.

Mayo Clinic- <http://www.mayoclinic.org/diseases-conditions/eating-disorders/home/ovc-20182765>

Alliance for Eating Disorder Awareness- <http://www.allianceforeatingdisorders.com>

National Institute of Mental Health- <https://www.nimh.nih.gov/health/topics/eating-disorders/index.shtml>

National Eating Disorders Association- <http://www.nationaleatingdisorders.org/>