Introducing T.H.E. Center Newsletter

Greetings Colleagues and Friends of T.H.E. Center,

We are excited to publish the first edition of T.H.E. Center’s Newsletter. This quarterly bulletin seeks to inform and engage our valued followers with T.H.E. Center’s programs, news and events.

Since its inception in 2004, T.H.E. Center for Disordered Eating has been committed to establishing support and resources for individuals and families affected by disordered eating and related body issues. This mission and the expertise, commitment and innovation behind T.H.E. Center has fueled compelling organizational growth.

With a new year underway, we cannot help but feel energized by the opportunities that lie ahead. T.H.E. Center would like to thank each of you for your ongoing support.

Respectfully,

Heather Wingert, LCSW
T.H.E. Center for Disordered Eating
Director

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National Eating Disorders Awareness Week

2012

Themed Everybody Knows Somebody, T.H.E. Center hosted several events during the week of February 26 through March 3. Events included a film screening and Q&A at UNC Asheville, Voices of Hope panel discussion at A-B Tech, 5th Annual H.E.A.L. conference at MAHEC and a Happy Body Open House. For more details: Asheville NEDAW Press Release.
In T.H.E. Center Spotlight:

Meet Task Force Volunteer:

Kendra Gaffney, Registered and Licensed Dietician

For more information on Kendra: [www.nmlwellness.com](http://www.nmlwellness.com)

What can someone expect to experience when working with a Licensed Dietician?
Individualized care! I create a plan of care that is specific to each individual. I work extremely close with each client to develop a healthy pattern of eating that fits their level of care.

What do you find most rewarding about your area of practice?
Helping real people find happiness through nutrition, motivation and empowerment. Once people accept a healthy pattern of eating into their lives the quality of life significantly improves. Everyone needs and deserves food for fuel and enjoyment.

What tips can you provide to friends and family members who have a loved one who is struggling with an eating disorder?
First, listen to what they have to say, then be supportive, caring, and understanding. Assist them in getting the help they need to live a healthy life free from an eating disorder or disordered eating.

What books, websites, or other sources of information would you recommend for someone with an eating disorder?
Depending on where someone is in the recovery process.

Websites:
T.H.E. Center for Disordered Eating – [www.thecenternc.org](http://www.thecenternc.org)

Other:
Body awareness activities (movement classes & breath work) and creative activities (art & music)

What do you enjoy most about your involvement with T.H.E. Center?
The people and their passion for spreading awareness and increasing support in the area.

Personal Interests:
I enjoy so many different activities, such as: hiking, mountain biking, mosaic art, yoga, spending time with family and friends, and listening to good music.
T.H.E. Center for Disordered Eating would like to recognize the following people and groups for an amazing start to 2012! Your support, generosity, and commitment to our mission is invaluable.

A-B Tech
Mayor Terry Bellamy
Mary Bellofatto, IAEDP President
Steve Bitter
Keith Bramlett
Carolina House
Chancellor Anne Ponder, UNC Asheville
Earth Fare
Dave Freeman, Massage Therapist
Salina Freeman, Massage Therapist
Cynthia Gillooly
Girls On The Run
Darcel Grimes
Happy Body
MAHEC
Jess McCuan
North Carolina Center for Health & Wellness
Mindy Olin, Massage Therapist

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Professionals Corner:

Our out-of-state sponsor and collaborator, Eating Recovery Center, offers bimonthly video presentations called, “On Demand Professional Development Series” in an on-demand format to accommodate the schedules of professionals in the field. Click on the link below to view eating disorders treatment expert Jennifer Lombardi, MFT, explore two key elements in the outpatient treatment environment—the involvement of families and the incorporation of exercise. She explores pervasive myths, highlights key clinical considerations, addresses obstacles to recovery and shares best practices for creating outpatient treatment plans that support sustained recovery.

Incorporating Families and Addressing Exercise in Outpatient Treatment

Current Research and News:

Can Birth Weight Predict Later Body Composition in Anorexia Nervosa?
Objectives: The relationship between birth weight and body composition at later stages in life was not studied previously in anorexia nervosa (AN). The aim of the following brief report is to present results concerning the relationship between birth weight and later body composition specifically in AN, and to check if the programming of body composition from birth weight is still detected in severely emaciated AN patients. Subjects/Methods: One hundred and fifty-one female AN patients aged between 13 and 44 were recruited from 11 inpatient treatment facilities in France. Birth weight, body weight and height were obtained. Body composition was measured using bioelectrical impedance. Birth weight was significantly correlated to lifetime maximum body mass index (BMI; r=0.211, P=0.009) and significantly correlated to fat-free mass index (r=0.190, P=0.027) but not to fat mass index (FMI). Results: This report confirms that even in AN when patients are severely emaciated and where fat-free mass (FFM) and fat mass (FM) are low, a link between birth weight and FFM and BMI can still be identified, independently from age. Source: Eur J Clin Nutr. 2012 Feb 29. doi: 10.1038/ejcn.2012.21.

No Cost Treatment Available:

Columbia Center for Eating Disorders: www.columbiacenterforeatingdisorders.org. The center is a nationally recognized treatment/research program studying adolescents and adults with Bulimia Nervosa, Anorexia Nervosa, Binge Eating Disorder and Obesity in an effort to better understand these conditions and develop more effective treatments. Adolescent and adult patients who are interested and eligible in the research will receive inpatient or outpatient treatment at no cost. They are currently conducting a large study of adolescent girls with Bulimia Nervosa (ages 12 to 18 years) and offering treatment, free of charge, and up to $400 for participation. Call the center 212-543-5739 and see the study website for more details: www.teenbulimiastudy.org.
New Board of Directors For 2012

T.H.E. Center is pleased to announce and welcome three new members of the Board of Directors beginning this April 2012:

Dr. Cynthia Buff, Psychotherapist
Peggy Bulla, A-B Tech Counselor
Annie Clingenpeel, Psychotherapist

T.H.E. Movement Group

T.H.E. Movement for Body and Soul Support Group takes place on the last Wednesday of the month from 7-8PM as a part of the weekly support group. The group is designed to promote a positive body experience, self-compassion, relaxation, and personal empowerment. It is an opportunity for participants to connect with the body through gentle movement, stretching, strengthening and breath work. Group attendance is open to any person medically cleared for gentle exercise. This group is led by licensed therapist, Heidi Houser and Pilates instructor, Corey Dingess.

Heidi Houser, LPC is a creative and passionate mother, counselor, music maker, yoga & running enthusiast and fellow journeyer living in Asheville. She offers Reclaiming Beauty Playshops using creativity and play. She also works as the Primary Therapist for Tapestry- A Residential Treatment Center for Women with Eating Disorders in Brevard, NC, and sees clients individually as a Licensed Professional Counselor.

Corey Dingess is a part of the leadership team at Happy Body - a Pilates, Yoga and bodywork studio. She is passionate about helping others find the happiest way of moving their bodies, without the "shoulds" and "have to's" that often come along with exercise. Movement has always been a part of her life and helped with her own journey to recovery.

Join Our Volunteer Task Force!

T.H.E. Center has a dedicated, active, and fun task force that meets throughout the year to help plan and support programs, events, and spread awareness. If you are interested in supporting our mission, please contact us at 828.337.4685.

Continued

Remuda Ranch
Helen Robinson Design
Hesper Shallcross, Massage Therapist
Tapestry
T.H.E. Center Volunteer Task Force
UNC Asheville
UNC Asheville HOLA
VERVE Magazine
Women, Gender, Sexuality Studies Program - UNCA
WNC Woman Magazine
YMCA of WNC

Your true self cannot be improved. It can only be lived.

Alan Cohen
### Spring Quarter Events: Where is T.H.E.?

We are gearing up for an engaging Spring filled with education, community outreach, and support!

We hope you will join us in continuing our mission.

- **Treatment.**
- **Healing.**
- **Education.**

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<td><strong>Eating Disorders Educational Series at Grace Covenant Presbyterian Church 6PM</strong></td>
<td><strong>Volunteer Task Force Meeting</strong></td>
<td><strong>T.H.E. Family Support Group: 10-11:30AM</strong></td>
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<td><strong>NC School &amp; Community Counselor Conference</strong></td>
<td><strong>26th Annual ADDICTION: Focus on Women Conference</strong></td>
<td><strong>Task Force Appreciation Potluck!</strong></td>
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**Girls Finding Resilience in an Anxious Body Culture**

By: Heather Wingert, LCSW  
*First published in WNC Woman magazine, March 2012 Issue*

Girls in America are bombarded with confusing messages about dieting, weight, and health. Last week standing in the grocery check out line, I noticed the featured stories of a popular woman’s magazine were about jeans that make you look 10 pounds thinner, healthy food rules to live by, and a recipe for a do-it-yourself chocolate decadent triple fudge dessert. Mixed messages about indulgence and restraint related to food and our bodies are seen and felt by everyone. No one is immune to the cultural prescription that tells us we need to worry about becoming fat.

To keep reading: [Girls Finding Resilience](#)

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**Share Your Voice with Us!**

Do you have something you want to share related to treatment, healing, and education? We welcome articles, book reviews or recommendations, poetry, resources, or suggestions in our upcoming newsletter!

Please email thecenternc@gmail.com with SUBMISSION in the subject line.
On the Shelf: A Taste of the Joy Diet

By: Elizabeth Pavka, PhD, RD, LD/N, Wholistic Nutritionist * ©

Someone once said, “Diet is a 4-letter word.” Why? Because it carries so much baggage in our society: success, failure, satisfaction, frustration, and lots more. While Martha Beck uses the “d-word” in the title of her book, The Joy Diet: 10 Daily Practices for a Happier Life, she never uses the “c-word” (calories) and she only uses the “f-word” (food) a very few times. Instead what she explores is how we can take 10 basic menu items to create a meal-plan to create more joy in our lives.

In the introduction Beck notes, “What I am is a life coach, and this book contains instructions for a different kind of “diet,” one designed not for the body but for the soul. . . . The components of the Joy Diet create a direct connection between your conscious mind and your deep self, the part of you that knows the purpose for your life and how you are meant to achieve it (pp. 3-5).”

To get a taste let’s explore in a bit more detail menu item one: To begin the Joy Diet you must do nothing for at least fifteen minutes a day. In our frantic, multi-tasking world doing nothing often feels unproductive, ridiculous, impossible, frustrating. Beck gives the reader four “Doing Nothing Steps:” 1) put up the NO VACANCY sign; 2) let your body vacate; 3) vacate your mind; and 4) learn to return. Beck admonishes us to continue doing step one for as long as it takes to be able to do that daily. In other words, don’t move on to menu item two until you can “do nothing” for the allotted 15 minutes daily for at least one entire week. You continue doing item one and then move on to menu item two. In other words you do item one for a week, then add item two while you continue item one. Once you are doing both consistently for a week you can add item three. At the end you are feeding yourself all ten items of the Joy Diet daily.

In a nutshell here are the 10 menu items in Beck’s Joy Diet:

1. To begin the Joy Diet you must do nothing for at least fifteen minutes a day.
2. Create and absorb at least one moment of truth each day.
3. Each day, identify, articulate, and explore at least one of your heart’s desires.
4. Every day, conceptualize and write down at least one new, concrete idea that will help you obtain something your heart desires.
5. Every day, do at least one frightening thing that contributes to the fulfillment of your desires.
6. Every day, give yourself at least three really good treats (nope, no food here): one for every risk you take, and two just because you’re you, no exceptions, no excuses.
7. Once a day, take a moment to remember your real life’s work and differentiate it from the games you play in order to achieve it. Then commit to playing wholeheartedly.
8. Every day, make sure that you laugh at least 30 times [that’s how many times a child laughs daily]. If this is not possible, use the laughter alternatives described in this chapter.
9. Every day, use Joy Diet skills 1-5 (doing nothing, telling the truth, identifying your hearts’ desires, using your creativity, and taking a risk) in at least one interaction with a person who is important in your life.
10. Have at least three-square feasts a day. This may involve foods. Then again, it may not.

This inspiring book lends itself to daily journaling about each menu item – about your successes and, especially, about your failures because in your failures lie the seeds of learning about yourselves. You can use this book by yourself or it could be a guide to working with a therapist to bring to light and explore your issues. It’s where you get stuck that the richest treasure lies. Read, incorporate, and savor daily the 10 items to create a joy-filled life for yourself. You’re worth it!

* © Elizabeth Pavka, PhD, RD, LD/N, is a wholistic nutritionist with 29 years’ experience. She provides nutritional counseling, teaches classes, and speaks before professional and lay audiences. Contact her at 828-252-1406 or drpavka@elizabethpavka.com.
**Series description:**

**Eating Disorders: A Community Concern**

Eating disorders are complex disorders, seldom talked about or understood. Eating Disorders know no age, sex, ethnic or economic boundaries.

This three-week series is intended for everyone – for every grandparent and parent, for every student, for every friend. The more educated we are as a community about this subject, the more we will be empowered with knowledge and tools to recognize warning signs and care for the many in our own communities who are suffering silently with an eating disorder.

Please join us for this informational, free series, taking place in our local community.

Childcare is available at Grace Covenant for all three events. Please email Nancy Quick (nquick@gcpcusa.org) in the church office to reserve a spot.

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**Out & About!**

**Susan Sinyai**, T.H.E. Center Board Member and well-known Asheville artist, is featured in Rapid River Magazine’s April issue. Congratulations Susan!


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**Community Education Series on Eating Disorders:**

**March 26th, April 11th & 18th, 6:00PM**

Grace Covenant Presbyterian Church on Merrimon Avenue is collaborating with T.H.E. Center to offer a three-week educational series on eating disorders that includes a film screening, presentations, a panel discussion, and break out groups for youth and adults.

The series kicked off on Monday, March 26th with an overwhelming response of over 230 people attending the screening of the film, *Miss Representation*, followed by a reception and panel discussion with distinguished leaders in the community, including Terry M. Bellamy, Mayor of Asheville; Keith Bramlett, Lecturer in the UNC Asheville Department of Sociology; Kaley Fry, UNC Asheville student; Darcel Grimes, WLOS ABC 13 anchor; and Jess McCuan, Editor of VERVE magazine at UNC Asheville’s Sherrill Center.

The series will continue on Wednesday, April 11, 2012 at 6PM with a presentation by Heather Wingert, LCSW with T.H.E. Center and Kim Bushore-Maki, LPC with Shakti in the Mountains on myths about eating disorders and sociocultural influences affecting disordered eating attitudes and behaviors. The presentation will be followed by a panel at 7PM which includes therapist Kim Bushore-Maki; a family who has dealt with an eating disorder, including Dee Dee Jones (T.H.E. Center President) and husband, Jerome Jones; and Kacy Cramer will share her recovery experience, strength, and hope.

The second part of the series takes place the following Wednesday, April 18, 2012 at 6PM with a presentation by therapist Angel Johnson, LPC on empowerment and coping. At 7PM, a youth (middle and high school) discussion group will be offered and cofacilitated by former director of T.H.E. Center, April Pryor, LPC and licensed dietician Michelle Shelfer, LDN. An adult (college age+) discussion group will be offered as well and facilitated by Angel Johnson, LPC.
We are a non-profit 501 (c) (3) organization consisting of concerned community members in Asheville, NC working together to establish support and resources for individuals and families affected by disordered eating and related body issues.

**Treatment:** Our ultimate goal is to coordinate a continuum of care for the treatment of Disordered Eating and advance new knowledge in the field by conducting evidence-based research.

**Healing:** Our purpose is to reach out to those struggling with these issues and to provide hope and resources for healing.

**Education:** Our aim is to be a strong presence in the community to educate and raise awareness about the dangers of disordered eating and its consequences, and to work towards prevention of the problem.

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