

April

2009

Atlanta Center for Eating Disorders

ACE HOUSE: A Therapeutic Bed and Breakfast

ACE House is located across the street from ACE's central facility in Dunwoody, Georgia. Guests are expected to attend the ACE Intensive Outpatient Program and may extend their stays as they taper down from intensive treatment and seek full-time, part-time or volunteer work. Licensed to operate as a Personal Care Home, ACE House offers a comfortable, secure and convenient residential option to any program participants who:

- have no intensive treatment options in their local area.
- cannot live at home while in intensive treatment.
- are completing other residential programs and need to step down in the Atlanta area.
- do not require inpatient treatment but would benefit from intensive treatment.

Breakfast is served each morning at ACE House, and detailed menus are posted weekly. Meal planning, cooking lessons, community meetings and other services complement recovery skills taught in the ACE program.

Contact ACE for room rates, availability and other details.

Some Guidelines to Make the Most of Your Therapy Group Experience

Thing to Do

- Listen attentively. Being heard is important for everyone, and there is almost always something to learn about yourself as other people talk about themselves.
- Be as open and honest as you can, while being sensitive to others' needs.
- Whenever possible, make statements rather than ask questions.
- Try to communicate the feelings that go along with thoughts or behaviors. Be aware of censored thoughts and feelings; taking a chance to express them is often a key to resolving interpersonal conflicts and gaining confidence and self-affirmations.
- Accept responsibility for your own learning; collaborate with others for both yours and theirs. Ask for feedback when you might learn something about your impact on others.
- Ask for group time if you want it and are ready to work.
- Be willing to experiment with your own patterns of communicating and relating. Risk being a bit more vulnerable than usual; step out of your comfort zone.
- Focus on the issues/aspects of yourself that you most want to change. If you talk about events that have happened during the week, try to relate them to the above or what is happening in the group.
- Give and receive feedback – the most valuable is generally direct statements about how you are affected by another's statements or behaviors. Be aware of distancing or rationalizing; it can be helpful to say to yourself, "Isn't that interesting?" before rejecting feedback.
- Work outside the group. Spend some time between sessions to think about yourself and reflect on what you are learning, what new behaviors you might want to try out, attending to thoughts and feelings that you may notice as your awareness expands.





Introducing our new Blog!

In addition to the monthly newsletter, now you can get As-It-Happens news from ACE, including weather and holiday closures.

At the new ACE blog you can comment and share about your experiences with ACE and your recovery.

You can find our new blog at <http://atlantacenterforeatingdisorders.blogspot.com>

Top Ten Ways to Increase Iron in Your Diet

1. Add red meat to your diet-lean beef/pork once a week (3.5 oz. = 2.5 mg, 3.5 oz. pork)
2. Include a source of vitamin C with your iron-rich foods to help increase iron absorption (i.e. orange juice, tomato juice, spaghetti sauce)
3. Choose iron fortified foods-“enriched foods”
4. Choose dried fruit to snack (3 apricots=1.28 mg, 1 oz. raisins)
5. Do not eat or drink foods/beverages rich in tannins (i.e. tea) while eating your iron-rich foods-they interfere with iron absorption
6. Choose a multivitamin with iron (i.e. Centrum One a Day)
7. Choose dark green vegetables (1 cup raw broccoli= 0.78 mg, 1 cup raw spinach=0.814 mg)
8. Choose animal proteins as often as possible (3 oz. chicken=0.88 mg, 3 oz. shrimp=2.63 mg, 3 oz. lamb=1.5 mg)
9. Choose beans and peas more often (1 cup of navy beans=2.23 mg, 1 cup steamed peas=1.44 mg)
10. Add wheat germ to your yogurt, cereal or casseroles (2 tbsp. =1.1 mg)

-Page Love MS, RD, LD Nutrifit sport therapy

10 Myths About Fathers, Daughters and Food

- Myth #1- Eating disorders and body image are women's issues.
- Myth #2- Men can't understand...
- Myth #3- Eating disorders are caused by problems in the mother/daughter relationship.
- Myth #4- Distant, uninvolved fathers are the cause of eating disorders.
- Myth #5- Fathers play an inconsequential role in the development of their children.
- Myth #6- Father's role is to "provide" economically.
- Myth #7- Parenting isn't important to men.
- Myth #8- Father's don't feel.
- Myth #9- Girls learn about femininity from their mothers.
- Myth #10- Girls need their mother, not their fathers, during adolescence.

**From Dr. Margo Maine's book, Father Hunger: Fathers, Daughters and Food (1991), Gurze Books*

Skills to Decrease Symptoms

Journal about the following questions:

- How am I feeling right now, physically and emotionally?
- Is there anything (other than using symptoms) that will make me feel better?
- How will I feel if I use symptoms?
- How will I feel if I don't use symptoms?
- Make a list of things to do to prevent yourself from using symptoms.

Family Support Group Now Monday Night!!!

The Family Support Group is Free and Ongoing. It is a great resource available to any family member or support people who have a loved one in treatment here at ACE. It is held every Monday night from 6:45 to 8:15pm. Sign up through your family therapist or contact the front desk at (770) 458-8711 x0.

**For previous newsletters,
please visit <http://www.eatingdisorders.cc>**