

July

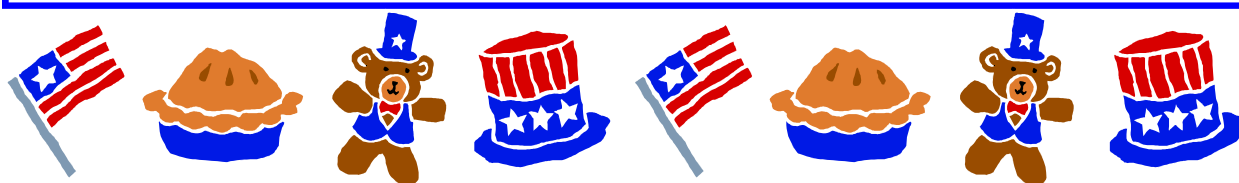
# Atlanta Center for Eating Disorders

2009

## New Childs Group at ACE!!

Beginning July 11<sup>th</sup> the Atlanta Center for Eating Disorders will be offering a group for children who are struggling with eating issues and/or body image issues. This group will help kids explore their feelings with experiential exercises and some education related to a positive self-image and effective expression of thoughts and feelings. Additionally, a free parent support group is offered through ACE, as well as family therapy. The children's group will be held on Saturdays.

For more information, please call (770) 458-8711 x0 or visit our website at <http://www.eatingdisorders.cc>



## Toolbox: Using the HUG Method to Help Create Open, Healthy Communication.

Use the following "HUG" steps to help you and the person you're talking to, feel heard, understood and validated. This method helps support open, honest and direct communication when it starts getting difficult and at risk of shutting down.

**H—Hearing** (Mirroring): summarize what the person told you, saying something like "what I just heard you say is..." or "If I'm hearing you correctly, you said...". Then make sure to check that you've got it right by asking "Did I get that? Is there more?" Remember, focus on one topic at a time—don't overload the listener with several topics.

**U—Understanding** (Validating): Remember, understanding and validating are not the same as agreeing with one another. Instead, try to put yourself in the other person's place and "see where s/he's coming from." Once you understand, validate the other person by saying something like, "That makes sense to me because...". Keep it short and stick to the point.

**G—Guessing** (Empathizing): Make an attempt to guess at what the other person is feeling about the topic. Try to identify at least 3 different feelings. If you can put yourself in his/her shoes, you may experience the same feelings, making it easier to guess what s/he is feeling too. Use statements like "I guess that must feel..." or "That must make you feel...".

Talk to your individual or family therapist for more information on the HUG method of communication. Additionally, Family Orientation goes over these communication steps and can be helpful in talking about difficult topics.

**ATTENTION!** If you received our latest postcard regarding ACE House: A Therapeutic Bed and Breakfast, please be advised that the phone number was printed incorrectly. Our correct phone number is (770) 458-8711.



## 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 program participants.

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.



## Positive Affirmations

*My body's shape and size is where it needs to be at this point in recovery.*

*The food that I eat helps to nourish me and allows me to do the things I enjoy.*

## 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>

## Kitchen pantry

### The Basis of Good Nutrition

Planning healthy nutrition is actually quite simple if you follow "3-5-7"

3: 3 basic words

5: 5 food groups that form the basis of the food guide pyramid

7: 7 U.S. dietary guidelines that are the corner-stone of federal nutrition policy. These dietary guidelines provide advice about food choices that promote health and reduce risk of chronic disease

#### 3 basic words:

- Balance
- Variety
- Moderation

#### 5 basic food groups:

- bread, cereal, rice & pasta
  - Vegetables
  - Fruit
  - Milk, yogurt & cheese
  - Meat, poultry, fish, dry beans & nuts
- Plus—Fats, oils & sweets

#### 7 U.S. dietary guidelines:

- eat a variety of foods
- balance the food you eat with physical activity
- eat plenty of grain products, vegetables & fruit
- low in fat, saturated fat & cholesterol
- moderate sugar
- moderate salt & sodium
- If you drink alcoholic beverages, do so in moderation



For previous newsletters, or to subscribe please visit <http://www.eatingdisorders.cc>