

Group Information

When: Every other Monday for 10 weeks

Date: Beginning April 2009*

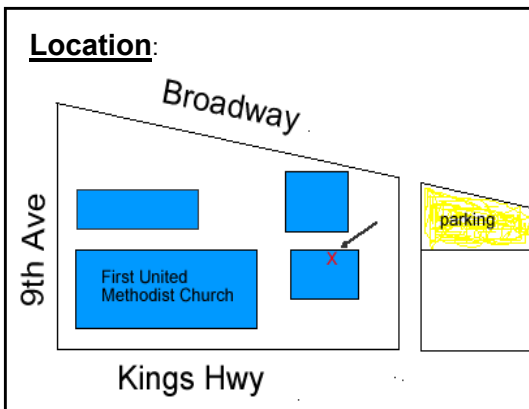
Time: 5:30-7:00pm

Who: Adults 18 and up

Cost: Insurance billing/ adjusted fee scale

Where:
Coastal Samaritan Counseling Center
901 North Kings Highway
Myrtle Beach, SC 29577
(843) 448-4820

Location:



*Contingent on group slots being filled.

Treatment Professionals

Pat Zahniser graduated from the University of Pittsburgh with a Master's in Social Work and Certification in Industrial Social Work in 1993. She has over 16 years experience providing direct services in the Mental Health and Substance Abuse fields. She spent six years working at Western Psychiatric Institute and Clinic at the Center for Overcoming Problem Eating (COPE), a specialized program using a multi-disciplinary approach to treating anorexia and bulimia nervosa using cognitive behavioral therapy (CBT) as the primary mode of treatment.

Kathy Heustess graduated from The University of South Carolina with a Master of Social Work degree. She also completed advanced training in Clinical Pastoral Therapy at the Carolina Institute for Clinical Pastoral Training in Charlotte, North Carolina. She is a Licensed Independent Social Worker – Clinical Practice and a Fellow in the American Association of Pastoral Counselors. She has over 17 years experience in both inpatient and outpatient mental health and substance abuse settings. Her practice is holistic in integrating the body, mind, spirit and community. Kathy is the Executive Director of the Coastal Samaritan Counseling Center where she balances a workload of counseling and non-profit administration.

The Coastal Samaritan Counseling Center is a nonprofit organization providing hope, healing and growth to individuals, couples, and families through pastoral psychotherapy, educational programs, and consultation. It is located in Myrtle Beach with seven satellite offices in Horry and Georgetown counties.

Coastal Samaritan Counseling Center

Address
901 N. King's Highway
Myrtle Beach, SC 29577
Phone: 843-448-4820
Fax: 843-448-9875
E-mail: cscinfo@coastalsamaritan.org
www.coastalsamaritan.org

Anorexia Nervosa

Bulimia Nervosa

Psychotherapy Group



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What is an Eating Disorder?

According to the National Institute of Mental Health, an eating disorder is present when a person experiences severe disturbances in eating behavior, such as extreme reduction of food intake or extreme overeating, or feelings of extreme distress or concern about body weight or shape.



Anorexia/Bulimia
is a state of mind

Anorexia Nervosa...

...is characterized by self-starvation and excessive weight loss.

Symptoms include:

- A relentless pursuit of thinness
- Unwillingness to maintain a normal or healthy weight
- Fear of gaining weight
- Feeling "fat" despite dramatic weight loss

Bulimia Nervosa...

...is characterized by recurrent and frequent episodes of eating unusually large amounts of food, and feeling a lack of control over the eating. This is followed by a type of behavior that compensates for the binge, such as purging, fasting and/or excessive exercise.

Symptoms include:

- Frequent dieting
- Dissatisfaction with body size and shape
- Feelings of disgust and shame

Treatment

Effective treatment comes from multiple approaches:

- **Individual therapy.** Meeting regularly with a professional, licensed therapist is essential to recovery.
- **Nutrition counseling.** Checking in with a clinical dietician or nutritionist will help to monitor weight loss and weight gain and ensure that essential nutrients are being ingested and not purged.
- **Group therapy.** Working with a group helps a patient to be accountable and to be supportive of others who suffer from the same illness.
- **Psychiatric Care.** Patient's needs are monitored with medication.

Group Psychotherapy

This group will meet for an hour and a half. There is an educational piece to the group, discussion, and a time of practicing skills such as relaxation and mindfulness techniques.

Group participants will also engage in providing support to each other through the recovery process.



Did you know?....

- ★ It is estimated that 8 million Americans have an eating disorder—seven million women and one million men
- ★ Nearly half of all Americans personally know someone with an eating disorder
- ★ Eating disorders have the highest mortality rate of any mental illness
- ★ The mortality rate associated with anorexia nervosa is 12 times higher than the death rate of ALL causes of death for females 15-24 years old
- ★ Only 1 in 10 people with eating disorders receive treatment
- ★ About 80% of the girls/women who have accessed care for their eating disorders do not get the intensity of treatment they need to stay in recovery
- ★ Anorexia is the 3rd most common chronic illness among adolescents
- ★ 95% of those who have eating disorders are between the ages of 12 and 25
- ★ Rates of minorities with eating disorders are similar to those of white women

(Source: South Carolina Department of Mental Health)

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