

## **Yana Hoffman CCDC**

### **Description:**

Perhaps more than any other area of healing, the issues surrounding eating disorders and addictions are bound up in shame and guilt. If you or someone you care about is suffering in this way, the right therapy can allow you to come out from the weight of secrecy and shame into a new sense of personal agency and self-direction. Treatment Model: Respect, compassion, authentic connection with self and others, and active self-care are the corner stones of recovery. You will receive a Client centred, experiential, Psycho-spiritual approach to healing and recovery with practical exercises and homework assignments. Methods: Treatment includes: Identifying the spiritual / emotional / interpersonal splits that lead to your addiction or eating disorder. Stop using dysfunction as a way to beat up on yourself and turn it into a path to healing and inner growth. Full range of approaches and interventions including: Traditional Family of Origin/System Dynamics, Harm Reduction, Dynamic Emotional/Stre

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