

## **A Safe Place to Heal**

### **Description:**

A Safe Place to Heal is pleased to offer therapy in a safe, confidential environment for people who are challenged by their eating patterns as well as with their personal relationships. By attending counseling sessions, you will be able to not only have a safe place to discuss your struggles, process your feelings, and receive support, but you will also be exposed to psycho-educational learning helping you to:

- Define and understand the nature of your eating disorder (Anorexia/Bulimia/Overeating)
- Identify underlying feelings/thoughts about your self esteem & body image
- Identify dysfunctional family patterns and faulty cognitive beliefs about food in your family of origin
- Learn to overcome these cognitive beliefs that have kept you stuck in old, negative thinking patterns
- Learn specific skills (incorporating emotional, psychological, physical and spiritual ways) to heal yourself as well as your personal relationships
- Find a healthy environment in which you can become a more powerful, more

Country: USA

City: McKinney

Zip: 75070

Website: <http://www.asafeplacetoheal.com>