

CENTERed

NEWS FROM DELRAY CENTER FOR HEALING AND WELLNESS

What Are You Really Hungry For?

By Dr. Stephanie May

Did you know that food has become one of the most powerful addictions in America today? And even if it is not an “addiction” for you, more people than ever before are overeating, under-eating, dieting, emotional eating, purging, pill-popping, obsessing, over-exercising, and getting sick as a result of their relationship with food.

Food, for most of us, has been the center of so many things. Food has been present for joyous times, sad times, stressful times, and momentous times. When you think back, you may realize that food has been present for just about everything! And while there are many benefits to having this experience – the danger is that food can become strongly attached to your emotions. And when your emotions are high, the chances of misusing or abusing food goes up dramatically.

To have a healthy relationship with food means that you are able to eat for the reasons of physiological rather than emotional hunger and to stop eating at a point when the body is truly satisfied. In order to do this though, you must be tuned in to the difference between these sensations, and truthfully – most people don’t slow down long enough to tell. It can be surprising and sometimes frightening for people to get real about what they are really hungry for – but this is the key to developing a healthy relationship with food. In the beginning, I often ask my clients to journal about what they are feeling before eating, during eating, and after, as this will begin the process of discovering what it is that they really want in their lives instead of food. What many people find is that they are using food to cover up their emotions. They may have never learned how to handle their emotions effectively, and the use (or misuse) of food became a coping tool. But most human beings don’t just want to stuff themselves or starve themselves – what we want is human contact, love, acceptance and understanding. Sadly, these basic human needs can become really complicated for people – where love may not feel safe, anger feels unacceptable, or acceptance becomes a distant desire. Therapy, or some other form of personal development, can be especially useful for this aspect of healing.

What people really need to know is that they are capable of living fully and there are many tools to handle the challenges of life besides food. Make a commitment to slow yourself down and get real about what it is that you are really hungry for!

Dr. Stephanie May has been working with people in the area of health and wellness for the last ten years. While she does work with a variety of issues, she specializes in the area of disordered eating. Dr. May will host a Radiant Woman Workshop at The Sacred Treehouse on Saturday, May 14th. For more information call 561.450.7211.

ENJOY A HEALTHY RELATIONSHIP ... WITH YOUR FOOD!

- Eat mindfully and moderately
- Listen to what your body needs and then honor it
- Spend quality time with yourself and others
- Think honestly about the events in your life
- Reflect on how you are doing and ask trusted friends for feedback
- Practice healthy and empowering conversations in your mind
- Participate in personal development to learn a variety of coping tools

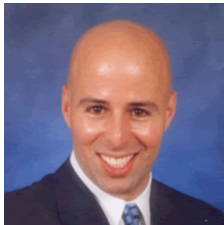
Green and Sober

A Delray Center Community Project

This month marks the beginning of our new Green and Sober Project at Delray Center for Healing and Wellness. This is a great opportunity to join with others and contribute to projects that create a healthy, beautiful environment both in our community and in our selves. Staying clean and sober and cultivating a healthy life requires tending to our “inner garden”. We must plant new seeds of healthy habits and interests, and pull out the weeds of negative thoughts, compulsive behaviors, and poisonous relationships. So naturally, our first project will be gardening around our campus!

Interested clients should contact Lauren Finch who will be organizing the meetings and coordinating the projects.





Can Alcohol Make You Lose Your Mind?

*By Raul Rodriguez, M.D.
Medical Director*

Few outside the medical community truly understand all the devastating effects that alcohol has on the human body. While liver problems such as Cirrhosis and liver failure are commonly known, people who consume excessive amounts of alcohol are also prone to high blood pressure, diabetes, heart disease and pancreatitis, a severe and painful inflammation of the pancreas that can kill you faster even than liver failure. Less known and yet equally destructive is a condition called Wernicke-Korsakoff syndrome.

Excessive consumption of alcohol prevents the body from absorbing vitamins. Over time, a deficiency in vitamin B-1 can lead to Wernicke-Korsakoff Syndrome, a debilitating condition affecting the brain that will cause a person to lose their capacity to think and reason. (This is why a person who is new to treatment will often receive thiamine or vitamin B-1 as part of their treatment.) Wernicke-Korsakoff Syndrome presents a variety of symptoms including confusion, tremors, double vision, dementia and hallucinations. While medical treatment can control some symptoms or prevent the progression of others, the nerve damage and loss of memory and cognitive skills is often permanent, leaving the person in a state much like an Alzheimer’s patient, only worse.

The destructive legacy of alcohol reaches beyond the immediate effects on the body, but long-term damage can be easily prevented. Limit your alcohol intake and give your body the proper nutrition it craves and you will be rewarded with a healthy body and a healthy mind!

If you or someone you know are having difficulty managing alcohol consumption, contact Delray Center for Healing at 561.266.8866 for help.

From The Sacred Treehouse



The Compassionate Universe Book Study begins May 9th.

Join Jack Fisher, M.Div. as we learn the importance of our impact on our environment and how we can undo harm done to the planet by making small changes in our everyday lives.

Radiant Woman Workshop
Saturday May 14th

Dr. Stephanie May will motivate and inspire us as we explore the path to self-esteem, healthy body image, and successful relationships.

For more information call 561.243.9696 or visit www.sacredtreehouse.org.

Delray Center News

NEW FACES

Delray Center is pleased to announce the addition of the following new therapists:

STEPHANIE MAY PSY.D.

Dr. May is a licensed psychologist and brings a wealth of experience in the treatment of eating disorders.

ANNI JOHNSTON LMHC, BC-DMT, CHT

Anni is a licensed mental health counselor and a board certified movement therapist.

GEORGE BAAKLINI, LMHC

George is a licensed mental health therapist and moderator of the new Psychodrama Group.

EVAN JARSCHAUER, LMHC, CAP

Evan is a licensed mental health counselor.

NEW GROUPS

Men’s Group

Mondays 6:00 – 7:00 pm
Moderated by George Baaklini, LMHC

Psychodrama

Mondays 3:30 – 5:00 pm
Moderated by George Baaklini, LMHC

Movement Group

Fridays (call for time)
Moderated by Anni Johnston LMHC, BC-DMT, ChT

Please contact the front desk for complete group schedule and availability.

WORDS OF WISDOM

The expectation that hard work will payoff with “permanent changes and rewards” is unrealistic. We have all wished we could get into great physical or mental condition and just stay there with ease. The truth is that maintaining our gains takes continued effort and self-discipline. Attaining the goal is often the easy part, but maintaining it is where the path becomes more difficult. Self-discipline is a path that never ends!

- Dr. Patty Shutt