

# CONNECTION

EATING DISORDER RECOVERY HAPPENS THROUGH CONNECTION



## RECOVERY BY DOING PERSONAL MASTERY

One of the cornerstone philosophies at Esperanza Eating Disorders Center is *Recovery by Doing*. Doing what you are learning will help new skills become natural behaviors the more you use them. For example, practicing plating your own meals and using specific DBT skills allows learners to become comfortable with the skills and incorporate them into daily life.

Personal Mastery is one of the DBT Emotion Regulation Skills taught at Esperanza. This skill reminds us to continually work on being mindful of the importance of one's self-esteem and talents. During these groups, an activity is taught to allow participants to feel proud as they practice and then master the skill. As the new hobby or skill is mastered, confidence builds. This confidence can help the individual learn they can be successful in many areas of life as well. The activity also allows participants to accumulate positive experiences. Regular participation in enjoyable activities, along with setting and working toward long-term goals, helps mitigate the impact of negative experiences.

Andrea Meador has led personal mastery groups at Esperanza since 2019. Andrea combined her background in business with her creative spirit and expert skills as a seamstress to operate a craft business on Etsy for many years.

"I have worked at USAA, as business manager for the San Antonio Optimist Club and now as finance manager for Esperanza. But I have always had a passion for making beautiful things with my hands. It is such a gift for me to be able to share that love of seeing what my hands can make with the patients at Esperanza. Running the financial side of the business is rewarding, but to have a position where I can experience the progress that our patients are making first-hand gives my job special meaning. I love seeing the process as each unique individual grows through learning a new skill that brings them a sense of peace and self-worth," Andrea said.

Participants have learned to knit, crochet and cross stitch as well as making friendship bracelets, pot holders and Diamond D Art. "Several patients have said that they look forward to personal mastery and that it is their favorite group. Others have commented that I have provided a nurturing atmosphere where they feel safe and comfortable. That gives me a great feeling of satisfaction." she added.

**Connect with Dessimber Daniels at (210) 253-9763 for a telephone screening, insurance benefits review and to schedule a comprehensive, in-person assessment.**

[www.EsperanzaEDC.com](http://www.EsperanzaEDC.com)



Andrea Meador

### Upcoming Local Networking & Educational Event

Timberline Knolls  
Residential Eating Disorder  
Treatment Center  
and  
Esperanza  
are hosting a

### Professionals Networking and Educational Dinner

Including a presentation  
featuring Esperanza's  
Susan C. Mengden, PhD,  
CEDS, titled:

*"Utilizing DBT for Eating  
Disorders  
and Comorbidities."*

Wednesday, August 11th at  
6:00pm

[Click here for registration  
information](#)

ESPERANZA = HOPE