

CONNECTION

EATING DISORDER RECOVERY HAPPENS THROUGH CONNECTION



STAFF SPOTLIGHT ALI DEEM, LPC, NCC

ALI DEEM, LPC, NCC HAS BEEN PROMOTED TO DIRECTOR OF ADULT PROGRAMS FOR ESPERANZA

Ali has been a part of the Esperanza Adult Programs team since May, 2020. As with all Esperanza treatment programs, Recovery by Doing is at the heart of both PHP and IOP adult programs. Ali provides individual therapy for adults and spends much of her day leading Recovery by Doing therapies for patients. She facilitates groups, including DBT and Creative Expression. Ali finds mealtimes with patients particularly valuable because it gives her a glimpse into each person's eating disorder thoughts. During therapeutic meals she coaches patients through use of DBT skills as they practice new behaviors.

"The Adult PHP and IOP have had some exciting changes take place recently. Medical monitoring by physician Noel Ales, DO has been added for all IOP patients. Moreover, therapeutic programming has returned to the Esperanza building. Restaurant and grocery shopping outings are taking place again. All of these changes are positive for patients as they are able to participate in their recovery in a very hands-on manner," Deem said.

Ali earned her BA in psychology from West Virginia Wesleyan College and her MA in Clinical Mental Health Counseling from West Virginia University. She served as Director of Counseling services for students at West Virginia Wesleyan College and worked with students who struggled with substance use disorder and eating disorders at West Virginia University's Collegiate Recovery. Ali utilizes tenets from several approaches, including DBT, CBT, ACT, creative expression, and IFS in her work with patients.

Ali finds her position most rewarding when a patient finds recovery and can successfully discharge after completing the program at Esperanza. She also finds beauty in the small victories that lead to that full recovery, like seeing a patient complete 100% of a meal for the first time or using a skill instead of a behavior when emotionally dysregulated. She is intentional in nurturing a safe and supportive environment for every individual in her care.

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



*Happy Holidays from
Esperanza for Eating Disorders*