

CONNECTION

EATING DISORDER RECOVERY HAPPENS THROUGH CONNECTION



CATHERINE VALADEZ, MS, RD, LD HAS JOINED ESPERANZA'S TEAM AS A STAFF DIETITIAN

At Esperanza, an integral part of the healing process is Recovery by Doing, where patients engage in activities that lead to recovery. Emphasis is on “doing” meal preparation and eating activities. Patients grocery shop, cook, plan meals, plate appropriate portion sizes, and create an enjoyable environment in which to eat, all according to individualized meal plans. These activities are taught in a small group, then initially implemented one-on-one with support of dietary staff. One-on-one implementation provides the patient a safe, calm space to learn, practice and incorporate skills into their lives.

Part of Esperanza's commitment to individualized care is to have two registered dietitians on staff to increase patient access to this critical resource. Catherine Valadez, MS, RD, LD, has joined Esperanza's team as a staff dietitian for adult patients. She will design meal plans for adults in the Partial Hospitalization Program and will also work with adults in the Emotional Overeating Program. Catherine earned a Bachelor of Science in Biology and her Master of Science in Nutrition from the University of the Incarnate Word. Her background as a dietitian has uniquely prepared her to provide expertise and support to Esperanza's patients.

Catherine has most recently been in private practice. She became an Intuitive Eating Counselor and used Weight-Neutral approaches to health, focusing on behavioral changes and the Health at Every Size philosophy to help clients make peace with food and tune in to what health means to them.

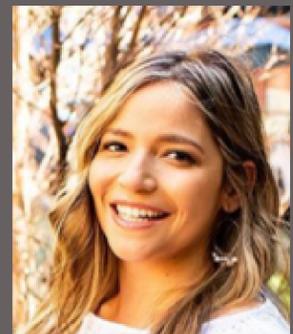
All of Esperanza's dietary programs focus on helping patients reconnect with their body's hunger and satiety cues, part of the Intuitive Eating model that Catherine has used in her private practice. The Emotional Overeating Program focuses on behavior change, teaching patients skills to help stop binge behaviors and helping them learn that movement can be joyful rather than a chore. Focus is on healthy, positive behaviors rather than on weight loss, both of which are part of the Health at Every Size approach she has used in her practice.

Catherine was also assistant to the culinary team at the San Antonio Botanical Gardens. She is looking forward to using culinary skills learned there to help patients with grocery shopping, meal planning and meal preparation. She will also coordinate use of herbs and other produce from the Esperanza garden in meals prepared at the center.

“This position combines my favorite parts about being an RD, including nutrition counseling, preparing simple but delicious recipes, educating patients, and working with a skilled professional team. I am passionate about helping patients learn to make healthy nutritional choices and about providing the support they need in the learning process,” Catherine said. “I love seeing patients progress toward healing their relationship with food.”

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



Catherine Valadez, MS, RD, LD

EDUCATION CONNECTION

Esperanza Eating Disorders Center is a co-sponsor for the iaedp Foundation San Antonio Chapter

2021 RECOVERING THE POSSIBLE VIRTUAL SYMPOSIUM

9.17.2021 9 AM - 4 PM CST
Click [HERE](#) to register

Mind Your Self Counseling and Esperanza invite you to a **FREE VIRTUAL 2-HOUR CE PRESENTATION FOR MASTER'S LEVEL MENTAL HEALTH PROFESSIONALS**

“Recognizing Eating Disorders and Utilizing Effective Treatment Modalities”

Provided by: Susan C. Mengden, PhD, CEDS

Friday, September 24th
11Am – 1PM

Eventbrite Registration:
<https://www.eventbrite.com/e/reco-gnizing-eating-disorders-and-utilizing-effective-treatment-modalities-registration-163254381249>

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ESPERANZA = HOPE