

CONNECTION

EATING DISORDER RECOVERY HAPPENS THROUGH CONNECTION



STAFF SPOTLIGHT FAMILY THERAPIST PAUL CAMPBELL

Family therapy can play a critical role in eating disorder recovery. “In family therapy, we explore rules, beliefs, interaction patterns, and how the family can provide a strong, supportive foundation for their loved one’s recovery,” says Paul Campbell. “I have seen the power that families hold in the recovery journey of our patients and aim to help facilitate strong relationships that support growth.”

The Adolescent Programs at Esperanza are built around inclusion of family members as part of the treatment team. Adolescent program families participate in family therapy at both the PHP and IOP levels of care. Families are included in plating, meals and various groups, totaling 11.5 hours per week in the PHP and 10.5 hours per week in the IOP programs.

“In adolescent family therapy, we support our patients and their families not only in growing together to support recovery, but also in addressing the natural family relationship changes that accompany adolescence,” says Paul.

Paul has been part of the Esperanza team almost since opening. He has performed utilization reviews, assisted with therapeutic meals and provides family therapy for adolescents and adults. In the adult program, he also provides couples and individual therapy and self-compassion and process groups. From his perspective, what makes Esperanza unique is “the willingness and flexibility to meet each patient where they are. Our team works to make treatment effective for each individual rather than expecting each patient to fit into one treatment method.”

Check our website for updates on additional insurance contracts in the near future.

Connect with Dessimber Daniels at 210.253.9763 for insurance benefits review and to schedule an assessment.

www.EsperanzaEDC.com



“RECOVERY BY DOING HAS MOVED INTO PATIENTS’ HOMES AS DIETARY STAFF PROVIDES SUPPORT THROUGH MEAL PREPARATION IN THEIR OWN KITCHENS AND MEALS AT THEIR OWN DINING TABLES.”

**Susan C. Mengden, PhD, CEDS-s
CEO - Clinical Director**



“MY FAVORITE ASPECT OF MY JOB IS BEING LET INTO EACH PATIENT’S FAMILY RELATIONSHIPS. OUR FAMILIES ARE WHERE WE FIRST LEARN ABOUT THE OUTSIDE WORLD AND WHAT TO EXPECT OF OURSELVES AND OTHERS. EVERY FAMILY IS DIFFERENT AND BEING ABLE TO ENTER INTO THAT SPACE WITH OUR PATIENTS IS SOMETHING I ENJOY.”

**Paul Campbell, MA, LMFT
Staff Therapist**

ESPERANZA = HOPE