



## EATING DISORDER RECOVERY THROUGH CONNECTION

### Staff Spotlight

#### Esperanza Announces Sarah Nichols, Director of Dietary Services Earns Her Certified Eating Disorder Specialist Accreditation



*“As the Director of Dietary Services and the Family and Adolescent Dietitian, I specialize in providing medical nutrition therapy, therapeutic meals and snacks, nutrition groups and exposures, and professional supervision. It’s incredible to see parents own their role as a member of their child’s eating recovery team. I am deeply passionate about my work, as I have the opportunity to witness daily growth and positive change in our patients.”*

We are pleased to announce that Sarah has recently obtained her Certified Eating Disorders Specialist accreditation. This certification required extensive coursework, professional supervision, examinations, case studies, and a significant amount of patient care hours. These year-long processes have enabled Sarah to develop a comprehensive understanding of treating this specialized population.

For Sarah Esperanza holds a special place in her heart for several reasons. *“The center provides a supportive environment for both patients and staff, which is unlike any other I have encountered. Our cornerstone treatment philosophy is **Recovery by Doing**. Included in this philosophy we actively engage patients and their family members in the recovery process.”*

Esperanza Eating Disorders Center’s approach includes various activities such as cooking groups, meal exposures, snack exposures, grocery outings, and meal planning groups. Patients bring their own food from home, enabling them to learn how to incorporate foods that make sense in their daily lives. Esperanza’s adolescent program utilizes Family Based Therapy that involves parents/caregivers for up to 11 hours a week. When their child leaves the program, they have valuable knowledge and skills on how to care for their child nutritionally. This approach helps prevent relapse and further supports the recovery process. The **Recovery by Doing** practice creates a sense of empowerment, which is crucial upon discharge and long-term recovery.

#### What is your favorite aspect of your job?

*“The teamwork and witnessing the healing. It is an honor to work with my team. We support one another and learn so much from each other. No one’s role is more important than another’s. Witnessing the healing that happens for patients and families is so beautiful. It’s incredibly fulfilling to guide and mentor a team of skilled nutrition professionals and see them advance in their careers. Observing the progress and recovery of our patients is an honor and a reminder of why I am dedicated to this field.”*

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Connect with Dessimber Lauber at 210.253.9763 for a telephone screening, insurance benefits review and to schedule a comprehensive, in-person assessment.