

CONNECTION

EATING DISORDER RECOVERY HAPPENS THROUGH CONNECTION



GUIDED IMAGERY MEDITATION HELPS PATIENTS FIND A CALM MIND & BODY

Guided imagery is a type of focused relaxation or mental escape. Harmony between the mind and body are created by focusing the imagination to create calm, peaceful images in your mind, thereby providing rest for the nervous system.

Research on the effectiveness of Guided Imagery Meditation Therapy for chronic pain, cancer and other serious illnesses dates to the 1970's. Since then, this safe form of treatment has also been proven to help patients with eating disorders, PTSD, anxiety, stress and poor sleep patterns. In eating disorder treatment, guided imagery can help reduce unwanted behaviors, increase motivation, achieve goals, learn self-soothing and relaxation skills, prepare for challenging or difficult situations, manage negative emotions, increase self-control, explore new ways to handle situations and increase self-esteem.

Elizabeth Garrison, Guided Imagery Meditation Specialist at Esperanza EDC, has been a student of many types of meditation for 40 years. She has traveled the world, learning from masters of these ancient practices. Her unique program, which combines Guided Imagery Meditation, Mindfulness and Autogenic Training, was developed more than 25 years ago in collaboration with Jan and John Randolph-Price of the Quartus Foundation. Her approach helps people release stress and organize their jumbled thoughts to enable themselves to find solutions and confront situations head on. She has focused on providing therapy specifically for eating disorder patients since 2008.

Elizabeth takes her patients on rich, vivid, yet peaceful journeys of the mind. As a native New Zealander, Elizabeth has lived among many of the scenes she creates, giving her a special connectedness not only to the patient, but also to the mental world she paints. "I love what I do," says Elizabeth. "I connect at a deep, heartfelt level with every patient. Facilitating rest for the mind and providing patience, love and acceptance helps shattered souls mend and allows individuals to become the whole person they are intended to be." Once the healing has occurred, patients can reach out to create relationships with those around them. "Nothing brings me greater joy than to see a patient connecting in healthy relationships after being alone in their pain." Elizabeth's guided imagery meditation sessions are part of all programs at Esperanza.

Connect with Dessimber Daniels at (210) 253-9753 for an insurance benefits review and to schedule an assessment.

www.EsperanzaEDC.com



Elizabeth Garrison

Elizabeth is also available for virtual guided imagery sessions through her private practice.

She provides ongoing services for patients after they leave Esperanza and for the general population. Always searching for effective ways to help patients heal, Elizabeth provides one-on-one sessions based on the specific needs of the individual.

Elizabeth will soon be launching a YouTube channel where her sessions can be downloaded.

"After a guided imagery session with Elizabeth, I feel refreshed as if I have had a good night of sleep. There is also a sense of calm that stays with me well after the session is over, allowing me to focus on issues that need to be addressed in a productive way".

~ Patient Testimonial

ESPERANZA = HOPE

