

# CONNECTION

EATING DISORDER RECOVERY HAPPENS THROUGH CONNECTION



## THERE ARE 30 MILLION AMERICANS LIVING WITH SOME FORM OF EATING DISORDER

During the last 17 tumultuous months, the occurrence of all types of eating disorders has skyrocketed, as have common comorbidities including anxiety, depression and trauma-related diagnoses.

Mental health professionals who recognize the presence of an eating disorder are in a critical position to guide patients to specialized treatment to help minimize physical and mental health damage. Though eating disorders continue to become more prevalent, mental health and medical training programs provide minimal, or, more often no formal training on recognizing and treating eating disorders.

Susan C. Mengden, PhD, Certified Eating Disorder Specialist and Founder of Esperanza Eating Disorders Center, has treated all types of eating disorders for 33 years. She is passionate about providing professionals with the knowledge they need to identify eating disorders and direct their patients to appropriate evaluation and care.

“Eating disorders are not always easy to recognize,” says Dr Mengden. “Symptoms of the illnesses include secrecy and denial, which can make diagnosis difficult. And presence of an eating disorder is not related to body weight. The eating disorder is all about how a person thinks about food and their body,” Mengden explained. “Providing professionals with screening questions and with information about signs and symptoms of the different types of eating disorders can help them determine whether further evaluation by a specialist is appropriate,” she continued.

**Dr Mengden is providing in-person or virtual one- and two-hour CE presentations on a variety of eating disorder topics to the San Antonio professional community.**

### Sample topics include:

- How to Identify Eating Disorders, Presenting Signs and Symptoms, Treatment Approaches and Levels of Care
- Recognizing Eating Disorders and Exploring Treatment Modalities
- Evidence Based Therapeutic Approaches for the Treatment of Binge Eating Disorder

Connect with Beth Confer, Community Outreach Director for Esperanza Eating Disorders Center, to schedule a CE learning event for your organization. Beth can provide documentation for your agency to issue CEs to your staff or can issue CEs for Master’s and Doctoral level mental health clinicians through Esperanza Eating Disorders Center. You can connect with Beth at [bethc@EsperanzaEDC.com](mailto:bethc@EsperanzaEDC.com) or (210)749-1030.

**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](http://www.EsperanzaEDC.com)



### Esperanza's Upcoming Local Learning Events

Join us for a complimentary dinner and 3-hr CE presentation titled:

*“The Use of Acceptance and Commitment Therapy as the Foundational Approach for the Treatment of Comorbid or Non-comorbid Eating and Anxiety Disorders”*

Presented by: Sam Lample, LPC, CEDS  
Tuesday, July 27th 5pm – 8pm

[Click here for registration information](#)

Timberline Knolls Residential Eating Disorder Treatment Center and Esperanza are hosting a Professionals Networking and Educational Dinner including a presentation featuring Esperanza’s Susan C. Mengden, PhD, CEDS, titled:

*“Utilizing DBT for Eating Disorders and Comorbidities.”*

Wednesday, August 11th at 6:00pm

[Click here for registration information](#)

### Dr Mengden's 2021 National Level Presentations

[International Association of Eating Disorder Professionals \(iaedp\) Virtual Symposium 2021](#)

- [Utilizing Dialectical Behavior Therapy with Adolescents and their Families in the Treatment of Eating Disorders](#)

[American Group Psychotherapy Association \(AGPA\) 2021 Conference](#)

- [Zoom in \(or not!\): Virtual Group Telehealth Delivery, Body Image and the Therapeutic Relationship](#)

[Center for Change Professional Webinars](#)

- [Recognizing & Treating Underserved Eating Disorder Populations: US Military, Food Insecure, Hispanic, Elderly & Disabled](#)

ESPERANZA = HOPE