

CONNECTION

EATING DISORDER RECOVERY HAPPENS THROUGH CONNECTION



ESPERANZA STAFF SPOTLIGHT SHARON BOLIN, LCSW

At Esperanza, one of the keys to success for patients is access to highly trained staff. Professionals may provide just a few hours of services each week, but they complement and supplement the expertise of Esperanza's full-time staff.

Sharon Bolin, LCSW is one of those clinical professionals. Sharon is a highly trained group therapist who currently serves as president of San Antonio Group Psychotherapy Society. "From my first training experiences in group psychotherapy, I was amazed at the deep sense of connection with others that group therapy offered. Even when the work is challenging, groups offer the opportunity to struggle together rather than alone," says Bolin. "I love that in groups, we stretch ourselves, develop courage to reach out to others, and in the process, learn more about ourselves and what we need to heal."

Sharon facilitates several weekly online groups, including Self-Compassion, Relapse Prevention, Eight Keys to Recovery from an Eating Disorder and DBT skills groups. "Patients at Esperanza are working hard to recover, and the space Esperanza provides for them to do that, I think, is pretty special. To recover, patients and staff work together to support expression of all feelings, development of personal agency and dialectically, radical acceptance of ourselves and others. We all learn and practice together every day using and trusting our voices, expressing ourselves authentically and accepting ourselves and each other as imperfect humans. This takes daily courage and hard work. And it means we mess up together, too. I like that there is room for that at Esperanza!" Sharon continued.

"The mantra **Esperanza is Hope** is so evident in groups at Esperanza. There is a real commitment from the entire team to provide the space, the tools and the support for recovery to happen. It's wonderful to be a part of a team like that!"

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



Sharon Bolin, LCSW

Sharon Bolin, LCSW will team up with Esperanza's CEO and Clinical Director, Susan C. Mengden, PhD, CEDS-iaedp Approved Supervisor to present:

Zoom in (or not): Virtual Group Telehealth Delivery, Body Image and the Therapeutic Relationship at the 78th Annual Conference of the American Group Psychotherapy Association.

The presentation will be held on Saturday February 27, 2021 from 1:45-4:15pm CT. Details of AGPA's three-day conference and registration information can be found at <https://na.eventscloud.com/ereg/index.php?eventid=532274&>

The presenters will draw from their unique experiences with a population with disordered eating and body image disturbance as they explore ways telehealth delivery can impact group functioning, body image of group members and the therapeutic relationship. The presenters will share practice experience and results of a community-based survey administered during Covid-19 pandemic. Leaders will conduct a discussion of therapeutic interventions to decrease negative body image and lessen the disruption on interpersonal dynamics.