opposed to the everyday small experiences which can fill our lives and steal our time.

Mindfulness Skills: Mindfulness means being able to be present, as opposed to slipping into thinking about the past, or jumping ahead to worrying about what is next in the future. Gaining the skills to not turn to old addictive coping methods to manage the moment when having flashbacks or becoming flooded by emotion when discussing trauma is critical to trauma recovery.

Grounding, Safety and Containment Skills: This set of skills allows the trauma sufferer to be able to tolerate that which shows up in her or his mind. These skills provide the "outlet" for painful feelings so that individuals do not become so overwhelmed that they turn to old behaviors to "numb out" and avoid emotions.

Exposure Work: Cognitive and exposure-based treatments have empirical evidence of the best outcomes for treatment of trauma. Together with their therapists, patients work to slowly tolerate exposure to the "feared" things so that they may learn to accept these things instead of being ruled by them.

Cognitive Work: The ability to be able to "think about how we think" is a key part of trauma recovery. Patients cultivate the ability to examine their thoughts and perceptions, and learn to notice how their minds work, which thoughts show up and how they react.

Psycho-Educational Work: Patients learn how the brain functions, including how they are "wired" and have been "programmed" into beliefs about themselves and others over the years. The brain likes to judge, evaluate, compare and make connections, and these simple mental processes can cause trouble until they are understood and managed.

About: *Jennifer Lombardi, MFT is the Chief Admissions Officer for Eating Recovery Center in Denver, CO. For more information about Acceptance and Commitment Therapy and its use in the treatment of eating disorders at Eating Recovery Center, visit their website at www.EatingRecoveryCenter.com, or contact Jennifer at 877-218-1344 or info@EatingRecoveryCenter.com.*

Seen N Heard...

Parent Choices Hosts White: "The Miracle of Wilderness Therapy - II" According to Dr. William White, co-founder of Summit Achievement in Stow, ME, "Wilderness therapy is chocked full of story tellers and their stories, with the origins of wilderness therapy dating back to the late 1800's." This is the inspiration that led to Will's doctoral dissertation on the Evolution of Wilderness Therapy. 207-697-2020

FFS Plans Summer School Enrichment Program: The Family Foundation School will offer a Summer School Enrichment Program for students completing the residential program and in need of transitioning support through the summer. The schedule includes college-credit classes and transcript-building assistance, 12-Step recovery support, individual and group transition counseling, and extracurricular activities including soccer and basketball clinics. 845-887-5213

Pacific Quest Hosts Hiring Seminar: Pacific Quest Wilderness Therapy Program held a four-day hiring seminar with fourteen applicants and three facilitators in the Bay Area in April. The goal of the event was to move beyond basic phone interviews and create a more interactive interview process, offering prospective staff a hands-on experience of what life at Pacific Quest entails. Facilitators included Chris Kaiser, co-founder, Oren Grimm, former Field Instructor and Field Supervisor, and Rene Fay, former Field Instructor, Solo Supervisor and current HR Recruiter. The seminar started with an overview of the program, and an opportunity for facilitators to share their own unique and personal experiences with Pacific Quest including facilitator presentations- complete with video footage from the PQ gardens in Hawaii. The seminar also allowed applicants to demonstrate their leadership and teaching skills, providing several opportunities for applicants to showcase their creativity and group interactions. 808-987-7809

WellBalance Opens Basic Training For Young Adults: WellBalance has announced the opening of WellBalance Basic Training, a two-week intensive weight loss management for adults aged 20-29. The food and fitness weight loss boot camp was designed by famous TV fit coach John Taylor. 617-792-4121

Asheville Academy Develops Bullying Campaign: Asheville Academy for Girls has developed a curriculum for teens and families to identify bullying and how to prevent it. "Bullies look to inflict the same sense of hopelessness and vulnerability they feel, which is why we help our students and their families strategize how they can help change the bullies' bullying behavior," explains Equine Therapist Robert Jacoby, MS, LPC, NCC. Asheville Academy's Bullying GamePlan is a curriculum specifically developed for troubled girls and parents to help develop assertive communication skills, one of the cornerstones to successfully dealing with bullying. Through the GamePlan lessons girls recognize the signs of bullying, develop skills for assertiveness, and are challenged to stand up for themselves and others who are bullied. The lessons also highlight the nature of the bullies and how support and understanding can lead the bullies to find more positive means to gain attention. 800-264-8709

Family Foundation School Adds to Counseling Staff: Mark P. Vogel, PhD, Director of Counseling, The Family Foundation School, has announced the addition of Rochelle L. Rhyno, MSW to the school's counseling department. Ms. Rhyno holds degrees in human development and social services from Binghamton University where her research projects focused on children and youth protection services. Previously employed by the Department of Social Services, she has 15 years' experience in the field of addiction and anxiety-related disorders. 845-887-5213

ASR Enhances Visual Arts Program: The Academy at Swift River (ASR) is pleased to announce enhancements to its Visual Arts program including photography, studio art and painting / printmaking. 860-227-3316

Eating Recovery Center Contracts with United Behavioral Health: Eating Recovery Centers are pleased to announce their comprehensive eating disorders treatment programs will be an in-network provider for patients insured by United Behavioral Health. They "understand that navigating the broad spectrum of available eating disorders treatment options can be overwhelming for patients, families and referring professionals alike." Upon finding the treatment program that best fits their needs, securing the financial resources to make it work often represents another hurdle. Contracting with United Behavioral Health removes this critical barrier to treatment for hundreds of patients and families seeking a higher level of care at Eating Recovery Center each year. 720-258-4052

Life Designs Introduces LifeTreks Expeditions: Life Designs, Inc. is thrilled to announce that they are adding a domestic and international expedition component (called LifeTreks) to the program. Beginning in May, all Life Designs clients will participate in one or more guided, domestic expeditions. Partnering with Breakwater Expeditions upcoming treks include: 1) Upper Missouri River Breaks (Montana) Canoe Expedition; 2) San Juan Islands Sea Kayaking Expedition. For Alumni, they are offering international expeditions partnered with TrekEpic.org. Upcoming treks include: 1) Offa's Dyke Trek Pass on the English/Welsh border; 2) The Lake District/ Hadrian's Wall, England. 509-671-2487

PRN for Families Introduces Sarah Kornegay: PRN for Families is happy to announce that Sarah Kornegay has joined our team. Sarah received her Bachelor of Arts in Speech Communications from Metropolitan State College. Sarah will be handling marketing and public relations for PRN for Families and is eager to create new relationships and learn about the field.

Continued: Seen N Heard/ 9