



Art and Eating Disorders— Building Community Awareness

So, why use art to heal from an eating disorder? Art is a gateway to deeper self-reflection than words can provide. A client describes, "Art therapy... at first I thought it was the stupidest thing. But once I actually did it I was in awe. Feelings I had never been able to express, heck, ones I didn't even know I had, started to reveal themselves in my artwork."

The Emily Program Foundation will soon display art created by current and past The Emily Program clients in its first annual art show: *Art and Eating Disorders – Building Community Awareness*.

Client creations will be displayed anonymously for 2 weeks—**Thursday, February 24 through Thursday, March 5, 2011**—at the Tarnish&Gold gallery, 1511 Marshall Street, NE in Minneapolis (55413).

The exhibit will incorporate presentations, experiential art and collaborative artistic efforts to facilitate eating disorder awareness and education.

When eating disorders clients express themselves through art, the themes often revolve around eating disorders, body image, trauma, feelings and recovery. You'll see that powerfully portrayed in The Emily Program Foundation exhibit.

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The Emily Program: Hotbed of Professional Training

By Sue Babcock, Psy.D., L.P., Training Director

Every day, highly educated trainees in dietetics, psychology, marriage and family therapy, counseling, and social work observe and/or participate in sessions with clients at The Emily Program. Trainee involvement is such a normal and enriching part of a client's experience that we sometimes take it for granted.

I think it's important to remember why The Emily Program is so committed to training new eating disorders professionals.

Simply put, we want more really good clinicians in the field, so more people here and elsewhere can recover from the scourge of eating disorders.

Over the years, our comprehensive, personalized treatment approach has combined with our reputation for excellent training and research to attract Masters- and Doctoral-level trainees from the University of Minnesota, Argosy University, University of St. Thomas, University of Wisconsin-Stout, Saint Mary's University, and other graduate programs around the region and the country.

The Emily Program is also accredited as an Association of Psychology Postdoctoral and Internship Centers training facility—which means we're meeting the rigorous standards required by APPIC.

While sharing their knowledge and skills with clients and colleagues, our trainees are earning the experience required to become Licensed Psychologists; Licensed, Registered Dietitians, Licensed Marriage & Family Therapists;



A recent Emily Program Foundation Seminar for area eating disorder professionals and trainees

Licensed Professional Counselors; Licensed Professional Clinical Counselors; and Licensed Independent Clinical Social Workers.

Our commitment to training continues to expand; next year, in partnership with the University of Minnesota, we're launching an innovative dietetic internship accredited by the Commission on Accreditation for Dietetics Education.

It's impressive that The Emily Program is recognized as a national resource for training eating disorders professionals. But I'm even more impressed by—and grateful for—the daily insights and wisdom that clients and trainees share with each other, and with our permanent staff.

An especially big thank you to our courageous clients for welcoming trainees into your treatment experience. Not only are you helping yourself on your road to recovery—you are also facilitating the recovery of those future clients our trainees will ultimately serve for years to come.

Building Community Awareness

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As a therapeutic approach, art delivers greater understanding of a client's personal stories—and often a sense of liberation. Art therapy helps unravel some of the mystery underlying why individuals do what they do.

As one client put it: "There are many times now where I find myself confused, frustrated, irritated, sad, or even joyful, and yet I can't seem to put words to it. And it is particularly in these times that I find myself so grateful to be able to express myself through art. It tells a story only art can tell, with only the details art can give."

We invite you to come out and experience this emotive exhibition first-hand – not only will your presence support these special artists and The Emily Program Foundation, you'll gain an experience that will forever change your perception of eating disorders.

This two-week Art and Eating Disorders exhibition begins with an opening reception on Thursday, February 24 from 6:30 p.m. to 9:00 p.m. The evening will include a first look at the amazing artwork, a silent auction and a raffle. (Artwork is not for sale; however, artists may donate their work to the silent auction.)



From the artist: *This self-portrayal reflects my own struggles with insecurities. The background represents media's bombardment of what beauty should be, but the portrait is what pushes through. Everytime I look at this drawing, it reminds me that I am beautiful.*

And while the artwork exhilarates your visual senses, hor d'oeuvres and beverages will also be on hand to stimulate your palate. Proceeds from the exhibition will benefit The Emily Program Foundation, dedicated to community awareness, advocacy, research, and education.

If you'd like to share your artwork, become an exhibit sponsor or donate to the silent auction or raffle to support The Emily Program Foundation, please contact Keri Clifton at keric@emily-program.com or (651) 645 5323 ext. 1168.

Tarnish&Gold is a not-for-profit art gallery dedicated to bridging the artistic arenas of the Twin



Cities while providing a dependable establishment to build community and feature a range of diverse causes – especially those promoting the arts, social justice, and sustainable living practices. See <http://tarnishandgold.org/>.

Art and Eating Disorders— Building Community Awareness

A special art show presented by
The Emily Program Foundation

Tarnish&Gold Gallery
1511 Marshall Street, NE
Minneapolis, MN 55413

Thursday, February 24 through
Thursday, March 5, 2011

The Emily Program enhances its online presence

Over the past several months we gathered feedback about how to enhance a visitor's experience on our website. Ideas came from clients, volunteers and staff. And the results are looking good.

Emilyprogram.com has a completely new look and feel. Information is now organized by For You (aimed at current and potential clients), For Families (aimed at concerned family and friends), and For Professionals (aimed at professionals who may refer clients to us). This arrangement means quicker information gathering for visitors. Additional new features include:

Clients and families often want up-to-date information about all the groups we offer—the new emilyprogram.com brings it to you! (Please note that if you are an Emily Program client, you must speak with your therapist or a client care coordinator before participating in any groups.)

In addition to an enhanced website, we're developing a "green" alternative to this newsletter! We'll continue sharing news about The Emily Program and The Emily Program Foundation—but will do so in a free e-newsletter. Visit emilyprogram.com to sign-up today – you won't want to miss updates!

Remember, this news is for you – feel free to email us at communications@emilyprogram.com with suggestions for topics you'd like to hear more about.

So, what are you waiting for? Check it out at emilyprogram.com. We hope your experience is easy, informative and better suited for you.



The Emily Program's new home page!