

HELP WITH A FLOURISH

September has been a month of fashion, with fabulous events happening all around the country, shows like Fashion Week and WOW spring to mind. The media has been filled with good-looking glamorous people, and girls with that winning look gracefully drape billboards and posters.



Who can blame any young person aspiring to look as perfect as those they see in the media? Who can't understand the desperate desire to look like those fashion champions they see online, on TV and in glossy magazines everyday?

Sometimes with the idea of becoming as "perfect" as the billboard model, comes an intense fear of gaining weight, and a self-value system that is unduly based on weight and appearance. The number of people suffering from eating disorders in our current thin-loving society is increasing, and sadly nearly all of us know of a family who has undergone terrible stress as a result of a (usually young) member suffering from this dangerous disease.

For far too long there has been little help in Auckland for families afflicted by an eating disorder, certainly nothing for those showing early symptoms, or those who simply do not meet the criteria for publicly-funded assistance. Now - happily for those in need of help, and not to sure where to start, there's FLOURISH.

The seriousness of eating disorders cannot be underestimated with the recent death of French model Isabelle Caro from anorexia just one example of how dangerous the desire for thinness can be. Both Anorexia nervosa and Bulimia nervosa have serious short and long term health implications with Anorexia having the highest mortality rate of any mental illness. However, with early treatment, rates of full recovery are high and adverse health effects can be avoided or minimised, as well as any disruption to academic or social development.

Flourish is a not-for profit organisation that provides evaluation, individualised and internationally proven treatment, support, information, education and advocacy for people aged 15+ suffering from an eating disorder and their families. With a focus on restoring their clients' health and wellbeing within a motivational environment, Flourish delivers a range of treatment options at their tasteful tranquil centre, conveniently located in the heart of Parnell. However, if you prefer, initial evaluations can be done in the comfort and privacy of your own home.

There are a variety of treatment programmes and educational workshops on offer, each of them tailored to suit individual needs. In addition, Flourish can connect those whose lives are greatly affected by an eating disorder with the people, services and resources needed to aid recovery.

The Flourish treating team has a wide knowledge and skills base relating to eating disorders and work closely with referring professionals and client families to monitor progress. Treatment is based on the Maudsley method. Practiced in Australia, Brazil, Chile, South Africa, UK and USA, the Maudsley method is widely accepted as one of the most successful family based outpatient programmes around, with a goal to transfer recovery responsibility back to the individual and their family.

If you, a family member or a friend is having difficulty with an eating disorder we urge you to seek help as soon as possible. For more information about Flourish, their workshops and counseling options please call or email.... See details below.

27A Glanville Terrace, Parnell
www.flourishcentre.co.nz
email confidential@flourishcentre.co.nz

DO YOU OR ONE OF
YOUR LOVED ONES NEED
HELP WITH AN EATING DISORDER?

We can help you through this. Please contact us now.

Confidential Phone Service: (09) 307 5656

Weekend workshop 8 and 9 October. \$450pp.

Skills for family/whanau 8 week course starting 11 October. \$800 first parent, second parent \$100.

Eating disorder family support group (facilitated peer support). 2nd Thursday of every month (13 Oct) 7-8.30pm \$10pp.

Flourish is on facebook and twitter: www.facebook.com/pages/Flourish; twitter.com/#!/EDFlourish www.flourishcentre.co.nz