

KEEPING PACE

May 2019



PACE WELCOMES STUDENT

We are extremely lucky to have Nikki working with us over the next few weeks. Nikki is studying for a Masters in Counselling & Psychotherapy, and as part of her study she will complete a student placement in PACE. Nikki will be co-facilitating several of our support groups and positive body image programs, as well as supporting a few individual clients. Work placements provide students with an opportunity to put their learning into practice, and gain valuable experience, and we are pleased to be able to provide placements to students in PACE. Nikki has already made a positive impression on the PACE Team and our clients, and we look forward to working with her over the next few weeks.

Welcome to the May 2019 edition of Keeping PACE.

I mentioned in the last newsletter that we are always looking for new ways to support our clients and meet the needs of the community, and over the last few weeks we've had several discussions within the team about what we do and how we do it, to see if there is anything we can do better. There is always room for improvement, and there are certainly things we can do better, but what has become clear from these discussions is how much we do with what we have.

We are a small team with five part time employees, working the equivalent of 2.7 full time staff, and during the month of May we will deliver 13 panic and anxiety group sessions, four eating disorder group sessions, three OCD group sessions, 8 hoarding group sessions, and five positive body image group sessions. This is a total of 33 sessions. In addition to this we will provide individual appointments to over twenty people, and provide information and support to many more over the phone or by email. We will support well over 100 people during the month of May.

I think we do a great job with what we have, and I am proud of the work we do for our clients. It's a privilege to work with such a dedicated and caring group of people, and I'm sure our clients feel lucky to have their support.

Until next time, look after yourself.

Shane

Team Leader, PACE

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BURIED IN TREASURES PROGRAM AT SEATON



In August PACE will start another Buried in Treasures Hoarding and Clutter Recovery Program. Hoarding is a complicated issue, and many people find it difficult to understand why they can't stop acquiring things or have

so much difficulty letting things go. Buried in Treasures is a 15 session intensive program which aims to help people understand why they hoard, and introduce them to strategies which will help them stop acquiring and start de-cluttering their home. PACE has delivered the program several times over the last five years, and it has proven to be extremely helpful for the people who have attended. The program will be delivered weekly on Wednesday mornings at Centacare's Seaton office.

For more information or to register for the program contact the PACE Service on 8303 6660 or at pace@centacare.org.au



NATIONAL VOLUNTEER WEEK: 20-26 MAY 2019

May 20-26 is National Volunteer week in Australia. It's an opportunity to thank the many people who volunteer their time to help others, and recognize the valuable contribution they make in the community. Centacare has over 80 volunteers, and in PACE we are lucky to have a wonderful volunteer named Ursula, who generously donates her time to co-facilitate one of our Panic and Anxiety Recovery Support Groups. Ursula has been volunteering in PACE since the beginning of last year, and she has become a valuable part of our team. It's been a pleasure to work with Ursula over the last year and a half, and I am extremely grateful for the work she does for our clients.

For more information about volunteering opportunities in SA visit the Vounteering SA website: <https://www.volunteeringsa-nt.org.au/>

NEW CLINIC TO TREAT EATING DISORDERS

It was recently announced that a new treatment centre for people with eating disorders will be built at the Repat Hospital site. The centre will offer live-in treatment and day support for people aged 16 and over. This is welcome news for people with eating disorders and their families. It follows the recent announcement that Medicare will fund up to 40 sessions of psychological therapy each year for people with eating disorders. There has been a desperate need for more services for people with eating disorders in Australia, and particularly in South Australia, and it's great to see more funding committed to in this area. Through our work in supporting people with eating disorders and their families, we have seen the devastating impact that eating disorders can have. The new treatment centre will make a huge difference to many people in South Australia.

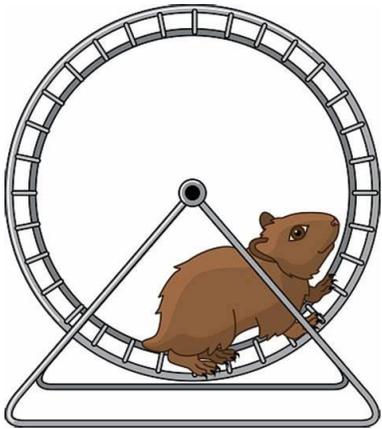
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THE CYCLE OF AN EATING DISORDER

One of the hardest aspects of an eating disorder is the Cycle we keep finding ourselves in. We want to be well, we make plans, we try really hard, but then something triggers us and back into the Cycle we go again, leaving us feeling like a rat in a spinning wheel.



So, the question is...is it possible to break a cycle you have been in for years? The answer is absolutely YES but it does take some honest assessment of the Cycle itself.

In order to heal, we have to recognize the way our Cycle and patterns have served us. Maybe they have distracted us from stress and heartache in our lives? Maybe the numbing nature of our patterns helped us survive a less than optimal upbringing? Perhaps having our particular relationship with food has allowed us to excel in other areas of our life because it became a way of coping.

So then we need to ask ourselves...What has the Cycle been doing for me? And what do I want *even more than that*?

“But hold on...What do you mean ‘patterns and cycles’? I don’t have any ‘patterns’!”

Well, the lure of the dieting Cycle is the belief that “it can (and will) be different this time.” When the plan changes from time to time, it can be difficult to see that your Cycle is still being repeated. For example, I restrict and restrict my eating but then ‘blow it’ with a binge! A big part of the pattern of the Cycle is blaming yourself for failing instead of understanding all the ways the plan was not going to work for you.

In the Cycle, the pattern is found in how you have treated yourself over time and what you believe about yourself deep down inside. If you fear or believe that you have *less value unless you change* then it is likely you have been (understandably) acting out a pattern of thoughts, feelings and behaviors that are all about *making yourself better*.

Getting off the Cycle – that distressing spinning wheel of repeated patterns – takes mindfully looking at the Cycle objectively with kindness and compassion towards yourself.

But is self-kindness really the way out? “Seems like a cop-out”, I hear your bully voice telling you.

But as American psychologist Carl Rogers said, “The curious **paradox** is that when I accept myself just as I am, then I can **change**.”

Perhaps self-kindness isn’t the easy way out....it’s the *only* way out?

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