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NEDA Week – Blog Post

National Eating Disorders Week – Support on the Road to Recovery

Like many women, Dr. Nicole Felton spent years struggling over her relationship with food. Finally, after giving birth to her eldest daughter, she sought professional help to overcome the eating disorder that had haunted her for much of her life. After a 21-year journey of recovery, Dr. Felton decided to take her passion for understanding the “why’s and how’s” of disordered eating and use it to help others on their road to recovery. This decision was the catalyst for the [Felton Therapy Center](#).

“My prior work experiences confirmed for me that the typical 60-day inpatient programs didn’t work for everyone,” said Dr. Felton, who earned her [Ph.D. in Psychology with a specialization in Counseling Psychology](#) from Walden in 2011. “These programs were often expensive and frequently saw repeat patients because they didn’t provide a long-term treatment option.”

Opening its doors in 2010, the Felton Therapy Center focuses on treating the whole person and supporting them throughout the difficult, and often long, journey to recovery. The Center’s intensive outpatient eating disorder treatment program offers a customized level of support, both before and after inpatient treatment. In addition to a 16-week intensive outpatient program, patients must make a one-year commitment to weekly visits with a therapist and nutritionist.

Dr. Felton credits her Walden education with providing the tools and knowledge she needed to become an agent of social change in her community. “Through Walden,” she said, “I have grown to understand that change is inevitable and that I mustn’t accept complacency in either my personal choices, or in the future of the mental health profession.”

Dr. Felton is not alone in her lifelong struggle to overcome an eating disorder. According to the [National Eating Disorder Association](#), as many as 10 million females and 1 million males in the United States are fighting a life and death battle with an eating disorder such as anorexia or bulimia. Millions more are struggling with binge eating disorder.

With those statistics in mind, [Dr. Tiffany Rush-Wilson](#), faculty and skill development coordinator for the [M.S. in Mental Health Counseling](#) program in the [School of Counseling and Social Service](#), offers advice for those who may be suffering from an eating disorder. In recognition of [National Eating Disorders Awareness Week](#) (February 26–March 3), she will be a featured presenter in Webinar #3 of [Walden’s Women’s History Month Speaker Series](#) on Wednesday, March 21, from 7-8 p.m. ET. Dr. Rush-Wilson is a licensed psychologist, professional clinical counselor, and co-owner and independent psychotherapist of a counseling and eating recovery practice in Ohio, which specializes in eating disorders and eating behaviors.