

RECOVERY

REDEFINING

RECONNECTING

RECOVERY

REDEFINING



Contact Dr. Selby at:
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www.doctorselby.com

www.EatingDisordersMaine.com

SPS SELBY
Psychological
Services

Selby Psychological Services provides comprehensive mental health services for people of all ages. We practice from the client-directed, outcome-informed (CDOI) model which allows you to set the pace and the tone of treatment so that you receive the services that will benefit you the most. The CDOI approach also allows us to make changes if it is determined that current treatment is not meeting your needs.

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EATING DISORDERS



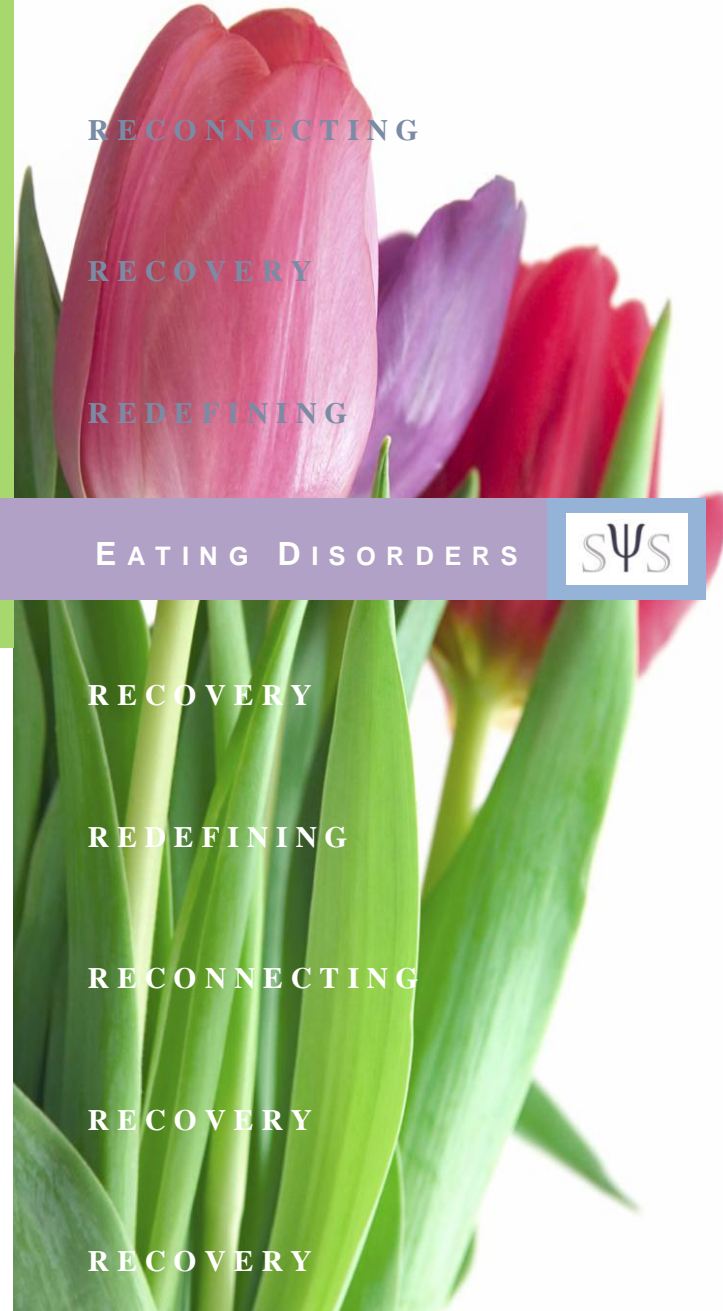
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REDEFINING YOURSELF

Helping you think differently about yourself and your body.

www.EatingDisordersMaine.com

An eating disorder is a serious problem that can negatively affect your health, your relationships with others, and your overall happiness. The most effective way to overcome your eating disorder is by receiving professional help.

HELPING YOU OVERCOME YOUR EATING DISORDER.

Allow yourself the possibility of living a happier, more content life. Engaging in psychotherapy with a skilled professional can assist you in developing the tools necessary to live the life you want to live.

TREATMENT TEAM

Whenever possible, Dr. Selby will **work with** your family, physician, psychiatrist, nutritionist/dietician, and/or other professionals in order to provide you the best care possible. If you do not have these professionals in place Dr. Selby will work with you to find other professionals you want on your treatment team.



ATHLETES & EXERCISERS

It is believed that a greater percentage of athletes may struggle with an eating disorder compared to the general population. This may be true of **both male and female athletes**. At particular risk are athletes who compete or engage in sports that: emphasize having a small physique (e.g., distance running, gymnastics, crew), are judged (e.g., gymnastics, equestrian), have a weight requirement (e.g., wrestling, crew) and/or have revealing uniforms (e.g., volleyball, swimming/diving, running).

Of particular concern for **female athletes** is something called the "Female Athlete Triad." This triad consists of 1) disordered eating behaviors, 2) compromised bone density and 3) irregular or absent menstruation. The presence of any one of these means that the individual should be assessed by a qualified professional for the other two elements of the Triad.

RECONNECTING WITH OTHERS

EATING

The hallmark of an eating disorder involves a troubled relationship with food. Dr. Selby can help you redefine the meaning of food in your life and to find the balance you are looking for.

RELATIONSHIPS

You have likely found that as you have suffered your relationships have also suffered. Treatment can help you reestablish strong connections with those you love and who love you.

SELF

An important element of recovery involves attending to who you are and who you want to become. Psychotherapy can provide a safe place for you to explore the answer to the question: "Who am I?"

ABOUT DR. SELBY

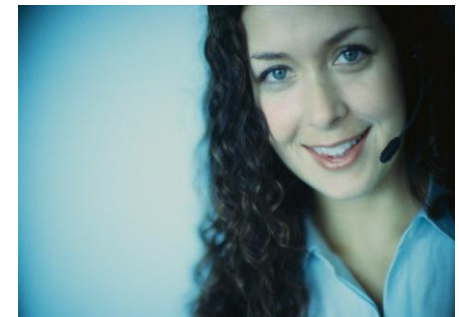
Dr. Selby is a licensed psychologist, sport psychologist and eating disorder specialist. She is a member of the Academy of Eating Disorders and is a Certified Consultant with the Association for Applied Sport Psychology. Dr. Selby currently maintains an eating disorder blog sponsored by Gürze – the leading publisher in the field of eating disorders. Check out Dr. Selby's blog at: www.eatingdisordersblogs.com/culture/

IN THE STATE OF MAINE

Dr. Selby is currently the Bangor Team Leader of professionals interested in working with individuals with eating disorders. She also facilitates an Eating Disorder Support Group and has helped others to establish support groups in their areas.

Dr. Selby currently maintains a website designed to be a resource for individuals with eating disorders, their friends & families, and treatment professionals:

www.EatingDisorders.Maine.com



Call to schedule an appointment:

207-262-9009

*"Eat Reasonably...
Exercise Reasonably...
Make peace with your size
and shape, given
reasonable eating and
exercise."*

~Craig, Johnson, Ph.D.