



## LETTER FROM THE PRESIDENT

Catherine S. Tilford, MA, NCC, LPC, CEDS



With spring comes new growth and your local iaedp chapter is no exception! I am SO excited about our latest endeavors. Our hope is to continue bringing relevant and high quality educational, networking, and certification opportunities to our amazing community of eating disorder professionals here in the Denver Metro area and beyond! That's right – we're expanding our reach to Colorado Springs with our first ever live-streamed education event this April and also offering a longer presentation!

We also welcomed quite a few new chapter volunteers this year and will be highlighting them in upcoming newsletters. This newsletter features our newest marketing team member, Wendy Wright, LMFT, CEDS, CIEC. Our chapter relies on volunteers from the professional community and we are grateful for their dedication and willingness to share their skills in support of our chapter's mission and purpose. For more information about upcoming events, chapter happenings, sponsors, and volunteers, feel free to visit our website at <https://iaedpdenver.org>.

## Spring 2019 Newsletter

### MEET OUR NEW COMMITTEE MEMBERS

This year your Denver chapter of iaedp welcomes several new committee members! Each newsletter, we will introduce one of them, highlighting both their role in our chapter as well as their business focus and expertise.

Joining the Marketing team in our committee this year, to come alongside our wonderful Grace Filiss, is **Wendy Wright, LMFT, CEDS-S**, Certified Intuitive Eating Counselor [CIEC], and Financial Wellness Counselor.



Wendy Wright, LMFT, CEDS-S

Wendy is new to private practice in Denver, opening full time in late 2018, but not new to eating disorders! Her eating disorder work began in the Orlando, FL, area at the outpatient and IOP levels of care. In 2010, she moved to Northern California and began working at the PHP level of care at Summit Psychotherapy. [This later became Eating Recovery Center of CA.] While there, Wendy worked as

Individual and Family Therapist, as well as Weekend Supervisor and Clinical Manager.

The mountains of Colorado kept calling her! So she moved to CO in 2014, stepping into a Therapist [Individual and Family] role at ERC.

Wendy's Marriage and Family Therapy training, and her extensive work with individuals, families and support persons over the years, make her especially well suited to supporting individuals and families in outpatient now. She has a vision for building education and support systems that are multi-tiered in both levels of support and costs, to better support and serve families across the nation. As a Certified Intuitive Eating Counselor, Wendy uses these principles to help her clients redefine and restore their relationship with food.

You may have seen Wendy's volunteer work at the Eating Disorder Foundation this year. She is leading the first-ever Virtual Support Group! This occurs the 1st and 3rd Wednesdays of the month. You can get more info on [EatingDisorderFoundation.org](http://EatingDisorderFoundation.org). She also spoke at the February *Coffee and Conversations*. Her topic was **The Intersection of Money and Milkshakes!** This is also available by Webinar on March 6, 2019. You can request the link to this webinar here.

Money and Milkshakes you ask! Wendy has a unique blend of experience and expertise in therapy and in business. Her early career was as a mortgage loan officer, and she has had several of her own small businesses through the years. As she began to work more in-depth with eating disorders, she found a fascinating correlation between clients relationship to food and to money patterns! Ask her about this! She loves to answer your questions!

Wendy has years of experience helping others find freedom with food, body, and exercise. She has supported clients and families at all levels of care. She also has expertise in helping you, your clients, their families talk about the financial parts of recovery! When she isn't helping others, she can likely be found on the ski slope, her yoga mat, or outside enjoying all that Colorado has to offer!

We are so glad to have her on our team!

### Officeholders and Executive Team

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