

Who We Are

Contact

Austin Counseling &
Nutrition

About ACN

We are a counseling and nutrition practice based in Austin, Texas. We provide therapy and nutrition counseling in-person in Austin and virtually across Texas. We are an inclusive group of therapists and dietitians committed to providing the best care for individuals who desire to find body acceptance, be free from disordered eating, improve their mood, and create a life they love.

We are here to help you make peace with your food, your body, and everything else.

We are firmly Intuitive Eating and HAES® aligned, fat positive, body inclusive, LGBTQ+ affirming, and social justice oriented.



Contact Us



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A Parent's Guide to Supporting a Loved One

"Friends & Family's encouragement is often key to their loved ones seeking help."
- National Eating Disorders Association





WHAT ARE THE BEST WAYS TO SHOW SUPPORT?

Approaching a conversation

It is important to educate yourself on eating disorders to better understand and clear any biases. Eating disorders are complex and require different levels of treatment. Some things to consider when approaching a loved one to get help are:



Stick to the facts, don't stigmatize or blame



Talk in private and use "I" statements



Talk about treatment and positive, helpful solutions

Encourage Treatment

Try and find a middle ground when approaching the conversation to discuss treatment. Follow up and hold them accountable to seek help. The chances of recovery improve the sooner treatment can begin. If there have been previous attempts that have failed, don't give up.

Stay Involved

The nature of the ED illness can be very secretive. By trying to stay involved, it can help keep some secretive behavior at bay. Recovery takes time and patience and does not happen overnight. Long term support is necessary for success.

Why Getting Help Is So Important

ED's can be life-threatening. They affect our physical and emotional health. Eating disorders have the highest mortality rate of any mental health illness and are unique in that they develop physical complications over time. Early intervention is always best. Often, individuals struggling with ED's do not understand the severity of their illness and may not feel the need to seek help.

Taking care of yourself is also important. Setting boundaries to preserve your own emotional well-being is important for not only your own success but your loved one as well.

When we are well, we are more able help and effectively support those around us.

