COVER

The Center For Resiliency

Evidence Based Art Interventions

For Self Discovery and Recovery

Healing Anxiety, Depression, and Disordered Behaviors

Art speaks the truth. Art gives you a true sense of safety. Art is a universal

language.

FIRST INSIDE FLAP

The Center for Resiliency is based on the Human Potential movement

which purports that every individual has the potential to reach their very

best selves. It is firmly invested in all of us that we each have the potential

to create the life of our dreams.

Resiliency is the ability to overcome challenges of all kinds (trauma,

tragedy, personal crises, plain and simple life problems) and bounce back

even stronger, wiser, and more personally powerful. This is precisely what

we need when we are faced with life’s inevitable difficulties. Studies have

shown that the most important quality that one can possess is resiliency.

There is a growing body of social science research that explains that

individuals can bounce back, even from a lifetime of risk factors or very

painful trauma or tragedy. In Fact studies show humans are hardwired to

bounce back. A lack of resilience can transform everyday struggles into full

blown life crises. The center for resiliency cultivates and nurtures resilience

through the use of art therapy.(MAYBE INSIDE CENTERFOLD ON LEFT SIDE)

Art therapy combines psychotherapy with the creative process of art

making. It is used to assist patients to reach their optimal daily function, so

they can carry on to create a life of joy, wellness and meaning. Creating art

is useful because often words are simply not enough for human

expression. The Center for resiliency provides a safe environment that

promotes and fosters resiliency and expression through therapeutic art

interventions. Helping patients find peace through activities that bring

calm.

WIDE OPEN CENTERFOLD

The Center for Resiliency is a whole wellness center that provides a safe

space with multiple state of the art modalities that facilitate hope and

healing, and empower each client with sound education in mental, physical

and spiritual wellness. The CFR offers a practical, researched and proven

plan to transform your mind, body and spirit. Our evidence-based

curriculum provides patients with a strategy that strengthens and cultivates

resilience; providing tools and coping mechanisms for those who suffer

from depression, anxiety and disordered behaviors, specifically eating

disorders (anorexia, bulimia, binge eating) and OCD.

Creating new health habits occurs when you commit to a new behavior for

a certain length of time; making that commitment can often result in

long-term results that keep your body and mind functioning at optimal

levels. The CFR has developed an evidence based 12 session curriculumthat follows the appropriate medical protocol for diagnosed eating disorders

and other disordered behaviors. The program encompasses counsel from

each: a professional doctor, therapist and nutritionist. The program involves

meeting with the art therapist weekly and meeting with a nutritionist once a

month all under the safety and guidance of a medical office. The curriculum

is proven to strengthen one's ability to overcome life's difficulties by

“drawing upon” internal qualities that we are all innately born with. These

therapeutic art interventions are designed to allow each patient to create,

explore and process their inner state through creative expression.

Because art gives you a true sense of safety, emotions are externalized

through the art work, allowing one to explore their inner selves within the

confines of the artwork. Combined with the sound advice from a clinical

nutritionist this protocol can have life changing results and can transform

feelings of powerlessness to hopefulness.

BACK COVER

The CRF is proud to partner with ABOVE Wellness, a state of the art

facility that offers exceptional, powerful and useful healing treatments to

accelerate healing including: acupuncture, massage and physical therapy,

Infrared therapy and so much more. Conveniently located in Pearl River,

New York. The facility is open to patients and their caregivers.

Bolster your ability to trust your heart and ascend to reaching your full

potential. Take charge of your life's purpose; take action. Take the first

step by calling the Center for Resiliency at 917-863-2084THE CENTER FOR RESILIENCY

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