



Katie L. Klein, MS, LASAC

*Katie Klein Consulting
Tucson, Arizona*

State of Arizona
Board of Behavioral Health Examiners

Be It Known That

Katie L. Klein

Having exhibited to the Board of Behavioral Health Examiners satisfactory evidence of having met requirements to practice as prescribed by law, is hereby licensed as a

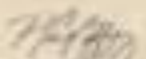
Licensed Associate Substance Abuse Counselor

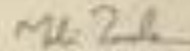
The Arizona Board of Behavioral Health Examiners hereby grants this

License Number: **LASAC-15212**

Under its seal and signatures,

Issue Date: September 1, 2016
Expiration Date: August 31, 2020


Board Chair


Executive Director

Southern Methodist University

To all to whom these presents shall come, Greeting:
Be it known that

Katie Eylene Klein


having honorably fulfilled all the requirements imposed by the authorities of this Institution, the President and the Trustees of Southern Methodist University, upon recommendation of the Faculty, do therefore confer the degree of

Master of Science in Counseling

with all the Honors, Rights, and Privileges to that degree appertaining.


Given on this eleventh day of January, the thousand and thirteen
during the celebration years of the University's centennial.

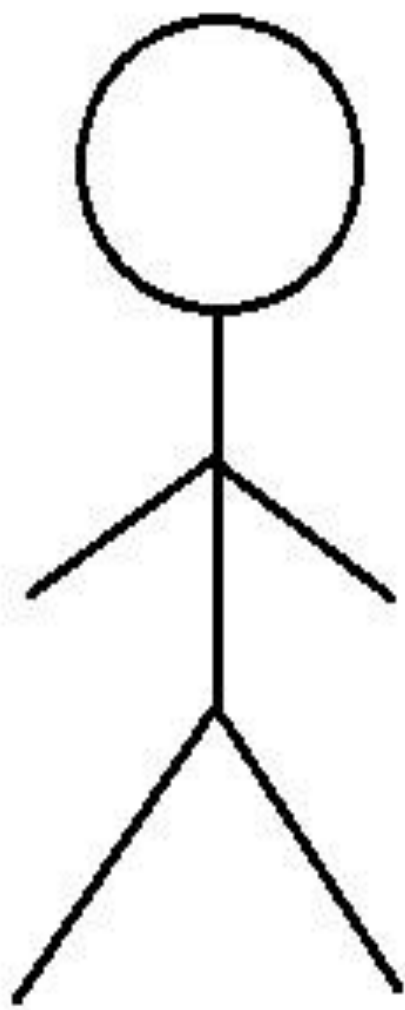

Carol H. Proctor
Chair of Board of Trustees


Paul W. Lind
President of the University




R. Brent Jones
President of the University


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Chair of the Board of Trustees
Board of Trustees and Name Development





An eating disorder ruins your life by:

- Becoming the only thing you can think about- your body, your weight, eating or not eating, how much you've eaten, how much exercise you've done... it becomes THE most important thing
- Isolating you from everyone
- Convinces you that you can't live or manage without it
- Becomes your only purpose for living but makes you so depressed and anxious you don't want to live
- Distorts the way you see your body, yourself, and the world around you

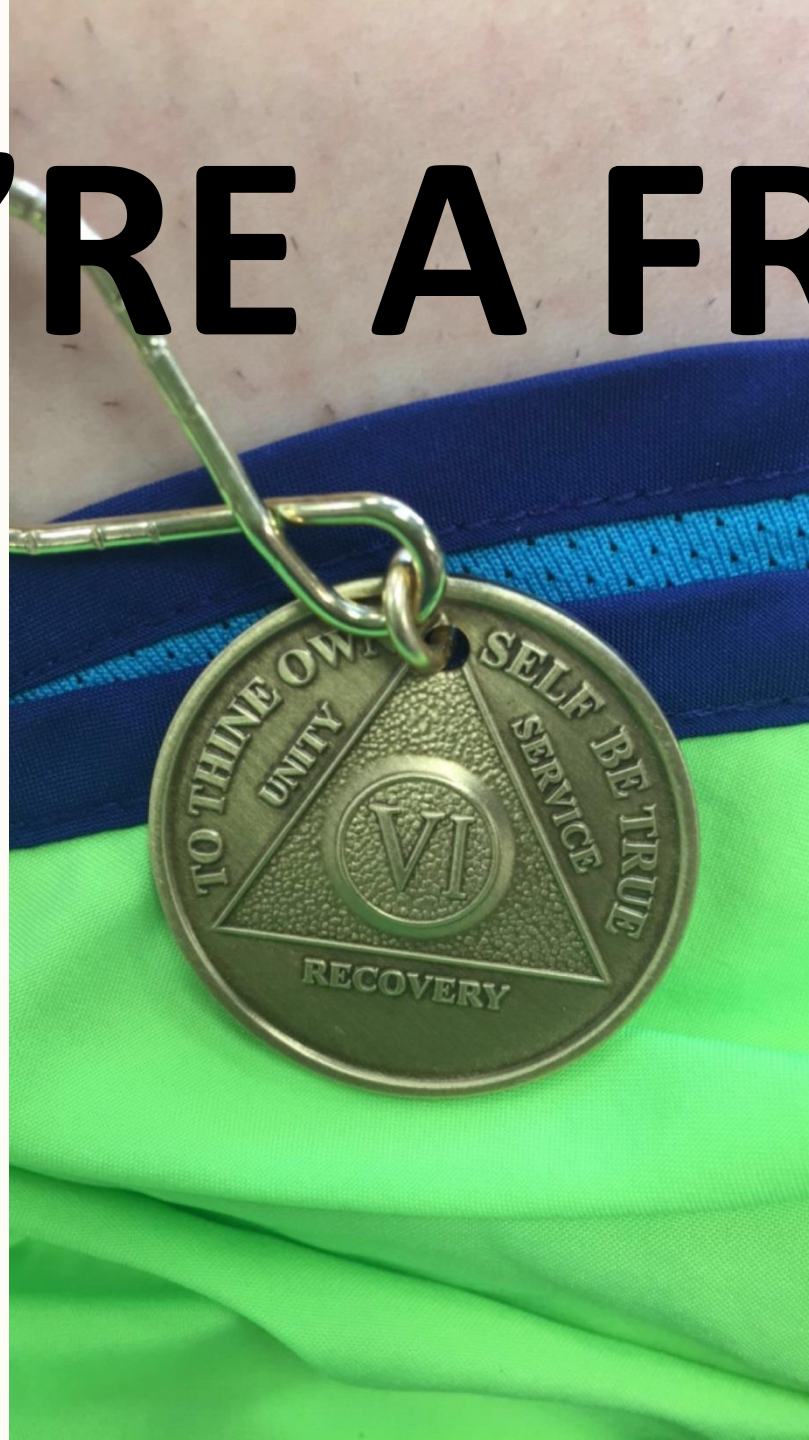
TERRIFIED **EMPTY** **HOPELESS** **ISOLATED**

BROKEN **WORTHLESS** **DISGUSTED**

TRAPPED **SELF-LOATHING** **NUMB**

DISCONNECTED **LONELY** **PRISONER**

YOU'RE A FRAUD





Possible treatment options:

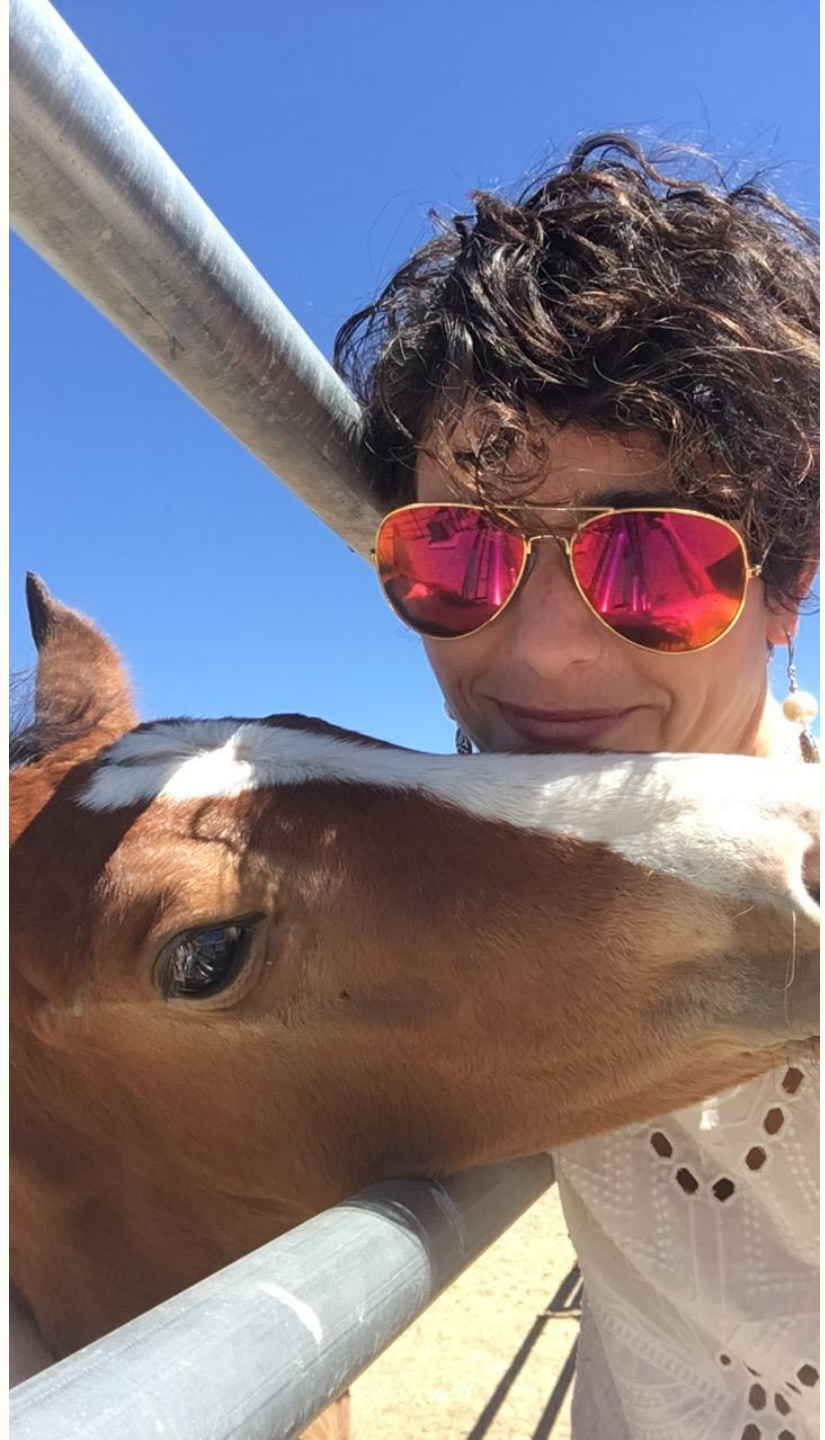
- Inpatient
- Residential
- Partial Hospitalization Program
- Intensive Outpatient Program
- Outpatient treatment team- therapist, dietitian, psychiatrist
- Other additional modalities for eating disorders on an outpatient level- Yoga, massage, Somatic Experiencing, Polarity therapy, acupuncture, EMDR, Equine, Neurofeedback, Adventure Therapy, Spiritual support groups







Sound asleep 🍷





Bye bye sick clothes





Freedom



Pizookie!!!



Recovery is bliss



Strong is being able to look at
a challenge and foresee the
magnificent outcomes that it
may bring.

GRACE P. AGE 18

Recovery IS possible!

- Whether you have sought help before or are new to seeking help, CONGRATS!! It is never too soon or too late to get professional help. Eating disorders are chronic progressive illnesses and require long-term treatment, and recovery does not happen alone
- Recovery looks different for everyone! Don't compare your journey to anyone else's
- Recovery must be more important than anything else in your life; it was always told to me “Anything you put before your recovery you will lose”.