



Eating Disorder Treatment Center in San Diego, Haven Hills Recovery, Gives Patient Addicted to Exercise 60 Days Free Treatment on CBS's The Doctors

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San Diego, CA: Eating disorder treatment center, Haven Hills Recovery, was brought onto the popular CBS show 'The Doctors' in order to help counsel a woman featured on the show with an extreme addiction to exercise. Haven Hills Recovery in San Diego treats both eating disorders like bulimia, anorexia, and treats co-occurring issues like drug addiction, and trauma, that often go along with an eating disorder. They were chosen to help this woman with 60 days of treatment and ongoing therapy.

Erin, the woman featured on the show, had suffered with an addiction to exercise for more than 8 years. Symptoms that she shared on the show included sleeping less than 3 hours a day and exercising over 8 hours per day. She admitted on the show that 'it's controlling my life.'

'The Doctors' host then introduced Haven Hills Recovery founder James Huffman who shared his story of losing his wife to an eating disorder as well as helping his daughter through her eating disorder. Mr. Huffman

announced that Haven Hills Recovery would be offering Erin 60 days scholarship at the treatment center in San Diego.

"Our treatment center is small by design," Mr. Huffman stated. "We believe in a very individualized form of treatment. It doesn't feel in any way like a hospital. It's very much like a family and it's a very safe environment."

Erin agreed to treatment and her mother was invited to be a part of Erin's journey in treatment. "The Doctor's" host responded saying "You can't do it alone. You're a shining example that if you reach out for help you can get that help."

About Haven Hills Recovery:

Haven Hills Recovery is a treatment program located in the hills of San Diego specializing in the treatment of women with eating disorders who may also be struggling with substance abuse or trauma. Haven Hills was created as a healing space to treat the complex relationship of these disorders in one program; oftentimes treatment centers specialize in only one of these areas. Their highly trained professionals create an individualized experience that speaks holistically to each of these challenges as they relate to one another. This comprehensive approach treats every aspect of the client, including integrative family work.

Therapeutic and Treatment Modalities Include:

Individual / Group / Family Therapy

Grief/Loss/Shame Work

Attachment Theory

Positive Psychology

Psychodrama

EMDR - Eye Movement

Desensitization

Reprocessing

SE - Somatic Experiencing Therapy

CBT ? Cognitive Behavioral Therapy

DBT ? Dialectical Behavioral Therapy

Motivational Interviewing

12-Step Facilitation

Yoga

Community Service

Life Skills

For more information about Haven Hills Recovery visit their website at www.HavenHillsRecovery.com or contact info@havenhillsrecovery.com or call 800-571-6488.

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For more information about Haven Hills Recovery, contact the company here: Haven Hills Recovery RaeEllen Ellis 800-571-6488 info@havenhillsrecovery.com 18029 Calle Ambiente Suite 506, San Diego, CA 92127

Haven Hills Recovery

Drug rehab, alcohol rehab, & eating disorder treatment center for women. Haven Hills Recovery is a treatment program located in San Diego specializing in the treatment of women with eating disorders who may also struggle with substance abuse or trauma.

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