

Cultivating Calmness



Morgan Richardson, LPC

Therapist

Laureate Eating Disorders Program

Morgan Richardson, LPC began working with the Laureate Eating Disorders Program in 2012 as a psychiatric technician, which sparked her passion for working in this field. She currently serves as the outpatient therapist for the eating disorders program and also works with residents of Magnolia House, Laureate's independent living home for women in recovery from eating disorders. She also facilitates groups and provides meal support for the inpatient program and occasionally provides supplemental therapy for inpatients that have a history of trauma.

Morgan received her Bachelor of Science degree in psychology from Oklahoma Christian University and her Master of Science degree in community counseling from Oklahoma State University. She is trained in EMDR therapy, which she utilizes to help clients process and find relief from past traumas.

Morgan has a passion for empowering individuals and their families in the process of finding healing, strength and purpose in their unique experiences. She pulls from internal family systems, dialectical behavior therapy and cognitive behavioral therapy in her practice.

It's on the news, it's flooding our social media and it's a more-than-regular topic of conversation. You guessed it - I am referring to the coronavirus. Regardless of one's age or location, the impact of these messages, social distancing and the unknown can have a gross impact on mental health. Remember the following acronym to help you stay CALM during such a trying and difficult time.

C - Connect

Do you have a friend that comes to mind when I say "I haven't seen/talked to him/her in ages but when we do catch up it's like no time has passed." I am a believer that true connection is not face-to-face, but is instead heart to heart. Some ways to keep our hearts connected with others during a time of social distancing include writing a letter, making a phone or video call, creating an online book club with friends, or simply commenting on each other's social media posts.



A – Altruism

One way to distract from fears is to do something for someone else. Now could be a good time to go through old belongings and donate them, surprise a friend by leaving a gift at their house, or next time you go to the store offer to pick some things up for someone who cannot leave their home.

L – Lean on others

Leaning on others means being open and vulnerable. You don't have to always appear to have it all together. The act of being vulnerable allows us to connect with others and feel less alone. Find someone you trust and/or a therapist to talk about how you feel. Another option is to try joining an online support group like AA, NA, or OA or any support group that may hold significance for you.

M – Mindfulness


Mindfulness is the act of noticing what is going on around you and inside of you (e.g. your emotions, body sensations and thoughts) without judging it. When the future becomes unpredictable, we naturally spend much of our time worrying. Mindfulness draws our attention into the present moment and gives our minds a break from worry. Take five minutes to sit outside and pay attention to what you see, hear, smell, and physically feel. If your mind wanders from those things, acknowledge it and bring your focus back to the present moment.

About Laureate

The internationally recognized Laureate Eating Disorders Program in Tulsa, Oklahoma, is personalized to meet the individual needs of patients with anorexia nervosa, bulimia and other eating-related difficulties. As a not-for-profit organization, Laureate provides values- and mission-driven care for adolescent girls and women from all over the world.

At Laureate, you can expect evidence-based care and an experience tailored to your unique needs that includes:

- An intentionally small milieu that provides opportunity for meaningful connection
- A therapist-to-patient ratio of 1:3
- An affiliation with the Laureate Institute for Brain Research, which focuses on identifying new, effective treatments for eating disorders.

 **Laureate**
Eating Disorders Program
A part of Saint Francis Health System

