

At the age 25, I found myself on the floor in the darkroom crying and wishing for the courage to commit suicide, because I could not handle the whole pressure of my new life. Back that day I did not know that it would be my bifurcation point that will turn my life toward the decision to become a mental health counselor.

At that time I recently immigrated to Mexico, I had a newborn child with very limited help, I had postpartum depression, and I was passing through an identity crisis. My coping mechanism to deal with present issues was food. It was fast, easy, legal, and innocent at the first glance. So almost daily basis I was desperately running for the whole cake shaming myself on the way to the store for being so weak, then eating all of it trying to shut up the voice of the inner critic saying how miserable I am, then crying and punishing myself for getting fat instead of fixing my problems. I did understand that I was running in a circle but could not break it alone.

Things started to change with a help of a therapist. She explained to me that my overeating is not a lack of willpower issue. An eating disorder is a disease that was forming for a long time by many factors and requires complex long-term treatment.

Since then I started my journey of personal recovery that is not over yet. I would say I could figure out 80% of my unconscious patterns and replace them with healthier behavior. Introspection became my habit and I got really absorbed by studying mental health. That is one of the reasons why I am pursuing MS Counseling at Prescott College. I enjoy learning deeper about the human mind, psycho, history of addictions, and modern prerequisites for just appearing ones. I want to extend my hand of help to others who still suffer from eating disorders and probably even do not realize it.

Another reason to justify my choice of career path is my Overeaters Anonymous experience. As an active member of this society, I found for myself that serving the community is one of the keys to maintaining myself in remission. I can see how widely problems with food are spread in our modern society, how underestimated they are, and even stigmatized. It is clear for most of us that alcoholics and drug-addicted people cannot “just stop doing it”, but it is not the same for people who struggle with food. I know from myself how harsh and destructive the current diet culture is. It

pushed me outside of feeling normal and forced me to feel constantly guilty for not fitting the standard. But the solutions that are offered by mass-market are delusional, they just drive suffering people in the circle of guilt, shame, and willpower, which may create short-term results but not fix the root of the issues. That is why I want to provide professional help as a counselor relying on scientifically proven information and studies.

By getting a degree in Counseling and using my multicultural experience I want to elaborate on new methods to help people cope with contemporary addictions. I hope to raise the awareness of the importance of mental health for people struggling with eating disorders and their family members. I want to develop educational programs for parents that can help them to see damage-causing scenarios they probably pass from generation to generation and that lead directly to clutches of eating disorders. In cooperation with nutritionists promoting scientifically-based information, I wish to help families find new behavior models that work specifically for them and their kids what in general will build a healthier future generation.

My volunteer unpaid activities:

1. Moderation of publications and comments at Facebook online Russian group of support for mothers with postpartum depression “Brezhno k sebe” (12.2 k subscribers)
2. OA member service
3. SEEDS OF HOPE volunteer. Gardening and hot lunch program.

November 20 , 2021

Lubov Kolesnik

PhD in historical sciences, Associate professor, Chairman of the trade union bureau of the primary trade union organization of the branch workers, Kuban State University (Branch in Slavyansk-na-Kubani), Member of the Council of Deputies in Slavyansk-na-Kubani

4 Troizkaya st, Slavyansk-na-Kubani, Krasnodar kray, Russia, 353562

To The Rehab Centers Scholarship Committee,

It is with great pleasure that I recommend Natalia Khudokonenko, who I taught as a private teacher during her 10th and 11th grade Social Studies class, for the Opportunity for Change Scholarship. I had a chance to closely follow her academic progress from that time back to 2010 - 2011 until nowadays.

Natalia demonstrated tremendous effort and persistence during her preparation for the admission exam (her score was 86 out of 100) what allowed her to be awarded a full-tuition Scholarship at Russian Plekhanov University of Economics. It was a personal pleasure to work with a student who used a creative approach for philosophic dilemmas and displayed a strong desire to use obtained knowledge and skills for her personal growth. I am confident that she will continue to display the same commitment and diligence in everything she does.

Being a witness of her struggles with eating disorders I was fascinated with her determination, patience, and conviction to get help from different sources and find her own answers and solutions. As a teacher, it is incredibly fulfilling to see how she successfully processed difficult experiences in her life such as 2 immigrations with different cultures into valuable sources of self-power. I strongly believe that she has outstanding potential and ability based on her relevant experience to become a decent counselor, who would be able to help our community improve mental health especially in the area of addictions and substance abuse. That is why, in my opinion, Natalia deserves to study MS Counseling at Prescott College, and this scholarship will enable her to do so.

I cannot think of anyone more deserving of the Opportunity for Change Scholarship and I wholeheartedly support Natalia`s application. I truly believe that this opportunity will help her to achieve her academic goals the results of which she would be able to transfer into social benefits. Please feel free to contact me with any further questions at kolesnik1973@inbox.ru or slav@kubsu.ru.

Translation from Russian into English

Russian Federation



BACHELOR'S DIPLOMA

WITH HONORS

I, Anna Simakova do solemnly swear or affirm that I know the English language and the Russian language, and
(printed name of translator) (second language)

that I can translate from either of them into the other, and that the attached is an accurate and complete translation of
Diploma made by me from Russian into English.
(brief description of document) (language of original document) (language of the translated document)

I understand that if I am found to have made a false or misleading statement concerning information on this document,
I may be subject to the penalty of perjury.

Anna Simakova

08/17/2021

Signature of Translator

Date

World Language Professionals

ATA member № 274931

Phone: 1-(800) 308-1108

State of Arizona

County of Maricopa

Subscribed and sworn/ affirmed before me

this 17 day of August 2021, by Anna Simakova.

(name of translator)



NOTARY PUBLIC

A large, stylized handwritten signature in black ink, written over a horizontal line.

Translation from Russian into English

Russian Federation



FEDERAL
STATE
BUDGETARY
EDUCATIONAL
INSTITUTION OF HIGHER
PROFESSIONAL
EDUCATION

" G.V. PLEKHANOV
RUSSIAN UNIVERSITY
OF ECONOMICS"
MOSCOW CITY

1. Information about the identity of the holder of the diploma

Last name

KHUDOKONENKO

First name

NATALIA

Patronymic

IGOREVNA

Date of Birth

August 19th 1993

Previous educational document or education and qualification
Certificate/Attestat/ of secondary(complete) general education
2011

2. Qualification information

By the decision of the State Examination Commission

was awarded

BACHELOR'S

38.03.01 ECONOMY

**Diploma
supplement
with Honors
107718 0481303**

Registration number
360

Term of mastering the Bachelor's/ Specialist degree program in
full-time education

Date of issue
July 17th 2015

4 years

Without Diploma is not Valid

I, Anna Simakova do solemnly swear or affirm that I know the English language and the Russian language, and
(printed name of translator) (second language)

that I can translate from either of them into the other, and that the attached is an accurate and complete translation of
Diploma made by me from Russian into English.
(brief description of document) (language of original document) (language of the translated document)

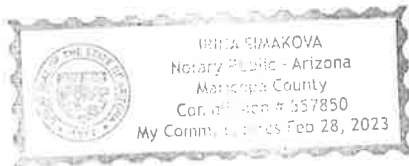
I understand that if I am found to have made a false or misleading statement concerning information on this document,
I may be subject to the penalty of perjury.

Anna Simakova
Signature of Translator

08/17/2021
Date

World Language Professionals
ATA member № 274931
Phone: 1-(800) 308-1108

State of Arizona
County of Maricopa
Subscribed and sworn/ affirmed before me
this 17 day of August 2021, by Anna Simakova.
(name of translator)



[Handwritten Signature]
NOTARY PUBLIC



Translation from Russian into English



Russian Federation

FEDERAL STATE BUDGETARY EDUCATIONAL INSTITUTION OF HIGHER
PROFESSIONAL EDUCATION " G.V. PLEKHANOV Russian University of
Economics" MOSCOW

BACHELOR'S DIPLOMA

WITH **HONORS**

107718 0469775

Educational and Qualification Document

Registration number
360

Date of issue
July 17th 2015

Translation from Russian into English

This diploma testifies that

**KHUDOKONENKO
NATALIA IGOREVNA**

has mastered the Bachelor's program in the direction of preparation
38.03.01 ECONOMY

and successfully passed the state final certification
by the decision of the State Examination Commission, the qualification
BACHELOR was awarded

Protocol #3 from July 3rd 2015

Chairman of State Examination Board /signed/ Krylova L.V.
Head of Educational Organization /signed/ Bragin L.A.

Seal: (Ministry of Education and Science of the Russian Federation, Federal State Budgetary Educational Institution of the Highest Professional Education, FGBOU*VPO*REU named after G. V. Plekhanov* State University, individual Taxpayer Number 1037700012008)

I, Anna Simakova do solemnly swear or affirm that I know the English language and the Russian language, and
(printed name of translator) (second language)


that I can translate from either of them into the other, and that the attached is an accurate and complete translation of
Diploma made by me from Russian into English.
(brief description of document) (language of original document) (language of the translated document)

I understand that if I am found to have made a false or misleading statement concerning information on this document,
I may be subject to the penalty of perjury.

Anna Simakova 08/17/2021
Signature of Translator Date

World Language Professionals
ATA member № 274931
Phone: 1-(800) 308-1108

State of Arizona
County of Maricopa
Subscribed and sworn/ affirmed before me
this 17 day of August 2021, by Anna Simakova.
(name of translator)



NOTARY PUBLIC



Translation from Russian into English

3. Information about the content and results of mastering the Bachelor's/ Specialty Program

	Name of the disciplines (modules) program, type of practice	Number of Credits/Academic hours	Grade
1.	History	3 credits	Excellent
2.	Philosophy	4 credits	Excellent
3.	Foreign Language: Foreign Language Part 1	5 credits	Excellent
	Foreign Language Part 2	4 credits	Excellent
4.	Law	4 credits	Excellent
5.	Sociology	2 credits	Credited
6.	Psychology	2 credits	Credited
7.	History of Economic Sciences	2 credits	Credited
8.	Siting of Labor Forces	2 credits	Credited
9.	Foreign Language of Professional Communication	5 credits	Excellent
10.	Business Law	3 credits	Credited
11.	Ethics of business communication.	2 credits	Credited
12.	Mathematical Analysis	9 credits	Excellent
13.	Theory of Probability and Mathematical Statistics	4 credits	Excellent
14.	Linear Algebra	4 credits	Excellent
15.	Methods of Optimization	4 credits	Excellent
16.	Methods of Economic Modeling and Forecasting	3 credits	Credited
17.	Information Technology	4 credits	Excellent
18.	Information Systems in Economics	2 credits	Credited
19.	Financial Calculations	5 credits	Excellent
20.	Risk Management	3 credits	Credited
21.	Financial Modeling	5 credits	Excellent
22.	Macro-economics	8 credits	Excellent
23.	Micro-economics	8 credits	Excellent
24.	Econometrics	4 credits	Excellent

25.	Statistics: Economic Statistics and Theory of Statistics	7 credits	Excellent
26.	Life Safety	2 credits	Credited
27.	Accounting and Analysis	5 credits	Excellent
28.	Institutional Economics	2 credits	Credited
29.	Marketing	3 credits	Credited
30.	Management	4 credits	Excellent
31.	World Economy and International Economic relations	4 credits	Excellent
32.	Finance	4 credits	Excellent
33.	Labor Economics	4 credits	Excellent
34.	Money, Credit, Banks	4 credits	Excellent
35.	Corporate Finance	4 credits	Excellent
36.	Economy of the enterprise (organization)	4 credits	Excellent
37.	Economic Forecasting and Planning	3 credits	Credited
38.	Introduction to the Profession: Basics of professional activities, Organization of Scientific Research Papers	2 credits	Credited
39.	Financial Law	3 credits	Credited
40.	Financial Management	4 credits	Excellent
41.	Corporate Insurance	4 credits	Excellent
42.	Stocks and bonds market	4 credits	Excellent
43.	Taxes and Tax System	3 credits	Credited
44.	Management accounting and Analysis	2 credits	Credited
45.	Financial Planning	5 credits	Excellent
46.	Investment Management	5 credits	Excellent
47.	Financial Monitoring	3 credits	Credited
48.	Investments	2 credits	Credited
49.	Value-based Management	5 credits	Excellent
50.	Financial Policy of a company	4 credits	Excellent
51.	Estimation value of business	4 credits	Excellent
52.	Cash Flow Management	3 credits	Excellent
53.	Payment and Settlement Systems	4 credits	Credited
54.	Investment Project Financing	3 credits	Credited
55.	Joint-stock company management and corporate control	3 credits	Credited

56.	Physical education	2 credits	Credited
	Practice including: Educational Practice: Educational Production Practice: Production	12 credits 3 credits 9 credits	x Credited Excellent
	State final certification including: State interdisciplinary examination in the field of training Final qualifying work on the topic: "Evaluation of the effectiveness of a research work of non-profit organizations on the example FGBOU VPO "REU named after G.V. Plekhanov"	12 credits x x	x Excellent Excellent
	Amount of Education Program including the amount of work trained in interaction with the teacher:	240 credits 3 602 hours	x x
	Optional Subjects including: Public sector economics	1 credit	Credited

Term Papers (Projects)	Final Grade
Macro-economics	Excellent
Financial Management	Excellent
Complex interdisciplinary (Finance)	Excellent
Value-based Management	Excellent

5. Additional information

Form of education: full-time education

Focus(profile) of the educational program: Corporate Finance.

Head of Educational Organization /signed/ Bragin L.A.

Seal: Ministry of Education and Science of the Russian Federation, Federal state budgetary educational institution of higher professional education, G.V. Plekhanov Russian University of Economics, FGBOU VPO REU named after G. V. Plekhanov* State University, individual Tax-payer Number 1037700012008

This appendix contains 4 pages

I, Anna Simakova do solemnly swear or affirm that I know the English language and the Russian language, and
(printed name of translator) (second language)

that I can translate from either of them into the other, and that the attached is an accurate and complete translation of
Apostille made by me from Russian into English.
(brief description of document) (language of original document) (language of the translated document)

I understand that if I am found to have made a false or misleading statement concerning information on this document,
I may be subject to the penalty of perjury.

Anna Simakova

08/17/2021

Signature of Translator

Date

World Language Professionals

ATA member № 274931

Phone: 1-(800) 308-1108

State of Arizona

County of Maricopa

**Subscribed and sworn/ affirmed before me
this 17 day of August 2021, by Anna Simakova.
(name of translator)**



[Handwritten Signature]

NOTARY PUBLIC

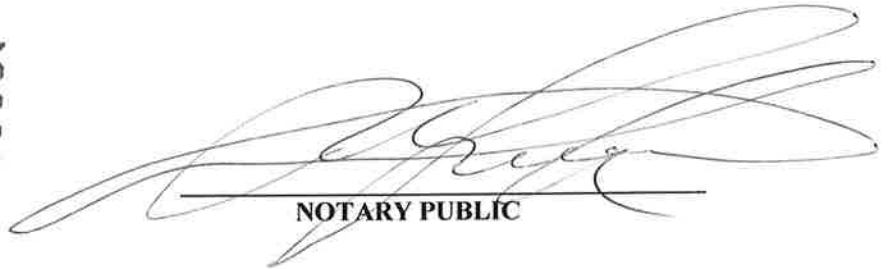
NOTARIAL JURAT

**STATE OF ARIZONA
COUNTY OF MARICOPA**

Subscribed and sworn before me this 17 day of August,
2021, by Irina Simakova.



(Notary Seal)



NOTARY PUBLIC

Description of attached document:

Type/ Title of Document:	Diploma
Document Date	8/17/2021
Number of Pages	4
Signer(s) Other Than Above:	—

Translation from Russian into English

APOSTILLE

(Convention de la Haye du October 5th 1961)

1. Country Russian Federation

Official Document

2. has been signed by **Bragin L.A.**

3. acting in the capacity of **First Vice-Rector**

4. bears the seal/stamp of FEDERAL STATE BUDGETARY EDUCATIONAL INSTITUTION OF HIGHER PROFESSIONAL EDUCATION G.V. PLEKHANOV RUSSIAN UNIVERSITY OF ECONOMICS MOSCOW

Certified

5. at **Krasnodar City**

6. **08.17.2018**

7. by **Ministry of Education, Science and Youth Policy of the Krasnodar Kray**

8. № **231638**

9. Seal/Stamp

10. Signature _____ /signed/ Drozd E.N.

Round Seal: {Coat of arms of Russia: Double-headed eagle} **Ministry of Education, Science and Youth Policy of the Krasnodar Kray, OGRN № 1032307167058**

Stamp: {Numbered and laced} **Ministry of Education, Science and Youth Policy of the Krasnodar Kray, OGRN № 1032307167058**

I, Anna Simakova do solemnly swear or affirm that I know the English language and the Russian language, and
(printed name of translator) (second language)

that I can translate from either of them into the other, and that the attached is an accurate and complete translation of
Diploma made by me from Russian into English.
(brief description of document) (language of original document) (language of the translated document)

I understand that if I am found to have made a false or misleading statement concerning information on this document,
I may be subject to the penalty of perjury.

Anna Simakova

08/17/2021

Signature of Translator

Date

World Language Professionals

ATA member № 274931

Phone: 1-(800) 308-1108

State of Arizona

County of Maricopa

**Subscribed and sworn/ affirmed before me
this 17 day of August 2021, by Anna Simakova.
(name of translator)**



[Handwritten Signature]

NOTARY PUBLIC