



Health at Every Size® - The Way to Healing from Diet Culture and Body Dissatisfaction

February 2, 2022 | Webinar Series

DETAILS & LOGISTICS

Time: 11:00am—12:30pm EST

Where: Virtual (*Zoom webinar*)

COURSE DESCRIPTION

The diet industry is a \$72 billion industry. Our culture obsesses over weight loss and idolizes thinness, often equating it to health. Health At Every Size® is a modern approach that challenges these ideals and offers an inclusive approach to healthcare treatment. This webinar will explore how diet culture has influenced the way society thinks about health and self-image, and how the Health At Every Size movement is dismantling those ideals to shift beauty standards and create equal access to healthcare for bodies of all shapes and sizes.

OBJECTIVES

- Define diet culture and understand its influence in society today
- Define Health At Every Size and understand how weight stigma can lead to trauma
- Identify cognitive behavioral therapeutic (CBT) approaches to healing self-image and practicing body acceptance.

WHO SHOULD ATTEND?

Clinicians and community members

HOST:



Christie Dondero-Bettwy is the Executive Director of Rock Recovery, a DC Metro area-based nonprofit that supports the journey to freedom from disordered eating through affordable clinical recovery and community empowerment programs.

SPEAKERS:



Kate Jarvi, LPC, joined Rock Recovery as the body image therapist back in 2019. Kate is a licensed professional counselor (LPC) specializing in both individual and group therapy with adults and teens with eating disorders. Kate is trained in

providing dialectical behavior therapy (DBT), cognitive-behavioral therapy (CBT), acceptance and commitment therapy (ACT), radically open dialectical behavior therapy (RO DBT), intuitive eating principles and body acceptance skills — which she implements regularly in her practice.



Kristyn Soto, MS, came on as Rock Recovery's second full-time staff hire in October of 2017. Having obtained her Master's in Applied Developmental Psychology from the University of Pittsburgh, Kristyn uses her skills to connect individuals and

families to life-saving treatment through Rock's clinical programs and support groups, and works to educate the community to eradicate stigma around mental health and provide them with tools to care for their own mental health and wellbeing. She has worked closely alongside Rock's Executive Director to help Rock Recovery grow from a one-program organization to a community cornerstone in the Greater DC region.

Certificates of attendance will be available to viewers of 50% (45 minutes) or more of the live webinar via email within 30 business days post-event. CEUs are not offered for this session.

Registration questions, training@danyainstitute.org 240-645-1145

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