



Join Us
Virtual Workshop

UNDERSTANDING EATING DISORDERS FOR CARERS

With: **Anna O'Brien**

Psychotherapist, Lived Experience



Saturday
12 August 2023
1pm - 4pm

REGISTER NOW

1300 240 127

hello@riveroakhealth.com.au



A 4-PART PERSPECTIVE FOR
UNDERSTANDING EATING DISORDERS.



THE IMPACT OF CHILDHOOD
EXPERIENCES OF STRESS & TRAUMA.



THE ROLE OF THE RATIONAL MIND IN
EATING DISORDERS.



THE PHYSICAL BODY AND EATING
DISORDERS. FROM SELF-SOOTHING TO
SELF-DESTRUCTIVE.



ACCESSING AUTHENTICITY, WISDOM
& EMPATHY.



PROMOTING WELL-BEING THROUGH AN
INTEGRATED APPROACH.