

FEBRUARY

Lunch & Learn

Trauma-informed care for addressing eating disorders in a clinical setting

The experience of trauma has widespread impacts on the clients we serve. This lunch and learn will show how trauma may impact clients who struggle with patterns of disordered eating and negative body image. Surprisingly, the root cause is rarely about food or the need to be thin. Trauma treatment modalities will be explored to empower clinicians working with clients who demonstrate signs or patterns of negative body image and disordered eating. Diet culture and pressure to achieve the ideal body image intersects most populations, yet addressing these issues are less universal. This presentation aims to provide awareness and tools for the clinician in better supporting their clients with body image and healthy patterns of eating.

Tuesday
February 23, 2021
12-1pm

Register on Zoom
Here:
<http://bit.ly/3ti8Xrh>



ALASKA
BEHAVIORAL
HEALTH



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Saraj Gottstein, a lifelong Alaskan, graduated with a Master's in Counseling from Naropa University, in Boulder Colorado in Transpersonal Counseling and Wilderness Therapy. Saraj has a passion for mental health and overall wellness. She loves to work with clients in the community and in the wilderness throughout Alaska. Currently Saraj works as a clinician for Alaska Behavioral Health, located at the Power Center, serving transition age youth at the drop-in center and Alaska Seeds of Change.