



Exploring Eating Disorders & Promoting Body Liberation
February Resiliency Roundtable
2.27.23
Shared Resources

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Exploring Eating Disorders and Promoting Body Liberation February 27th, 2023 – Resiliency Roundtable – Shared Resources

Please note, this list of resources is not exhaustive but rather a compilation of materials shared by facilitators and collected from community members for the February 2023 Resiliency Roundtable.

Overview of our February Resiliency Roundtable

FEBRUARY RESILIENCY ROUNDTABLE RECORDINGS

Recording of February Resiliency Roundtable: *Framing, Setting the Scene with our Speakers & Closing*

Breakout Room Recordings:

- Link to: *Eating Disorders 101 & Considerations for the Jewish Community* – Sarah Bateman, LCSW
 - Link to: *Internal Family Systems & Drama Therapy to Support Inclusive Practitioners and Spaces* – Dr. Laura Wood
 - Link to: *How To Be An Awesome Youth Professional Who Talks About Body Image* – Talia Cooper
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RECOMMENDED PRE-SESSION LEARNING MATERIALS

We invite you to explore the articles, websites and podcasts below to help contextualize our conversation.

1. What exactly does “diet culture” mean?
2. Practical Tips for Promoting Positive Body Image
3. Learn about the Health at Every Size® (HAES®) framework

If you have more time, some additional resources to explore:

4. Spoken Word Poem - Shrinking Women
 5. Food Psych Podcast Episode - Male Body Image & Intuitive Eating for Kids
 6. Recent NYT's article on the controversial new pediatric guidelines for weight management of youth
 7. Understanding Fatphobia Through The Lens of Attachment Theory
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SHARED BY OUR FACILITATORS

Fat Torah

- **Fat Torah Website**
- Fat Torah Goals: 1. Ending weight stigma in Jewish communal life and training Jewish professionals, lay leaders, and community members to confront fatphobia wherever they encounter it (including in themselves). 2. Equipping people who already work in fat activism, Health at Every Size, ED recovery, and related weight neutral and body positive fields to recognize and attend to spiritual and religious needs in themselves and those they serve. 3. Propagating a methodology of connecting with sacred text, tradition, and spirituality that fosters body liberation for people of all sizes.

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Get in touch: Rabbi Minna Bromberg, PhD, Founder and President of Fat Torah

mbromberg@fattorah.org

- *Rabbi Dr. Minna Bromberg is passionate about bringing her three decades of experience in fat activism to writing and teaching and change-making at the nexus of Judaism and body liberation. Fat Torah seeks to end weight stigma in Jewish communal life, trains Jewish professionals to confront fatphobia, and propagates a methodology of connecting with sacred text, tradition, and spirituality that fosters body liberation for people of all sizes. Rabbi Bromberg received her doctorate in sociology from Northwestern University in 2005, with a dissertation on identity formation in interfaith couples, and was ordained at Hebrew College in 2010. She lives in Jerusalem with her husband, Rabbi Alan Abrams, and their two children. Her forthcoming book is Every Body Beloved: a call for fat liberation in Jewish life.*
- Get involved: Follow Fat Torah on social media, join their email list, or bring a workshop to your community.

The Renfrew Center

- The Renfrew Center Website
- Description: The Renfrew Center has been the pioneer in the treatment of eating disorders since 1985, with a core focus of empowering women to change their lives. As the nation's first residential eating disorder facility, **Renfrew has helped more than 85,000 adolescent girls, women, transgender, and non-binary individuals move towards recovery** by providing them with the tools they need to succeed in recovery and in life.
- Podcast: [All Bodies. All Foods.](#)
- Resources for Jewish Holidays:
 - [Eating Disorders During the High Holy Days - The Renfrew Center](#)
 - [Eating Disorders and Hanukkah: Finding Light in the Darkness - The Renfrew Center](#)
 - [Eating Disorder Recovery During Passover: Biggest Challenges & Essential Tips - The Renfrew Center](#)
 - [In the Media | Jewish Holidays - M.A.S.K Family Matters Radio Show - The Renfrew Center](#)
- Upcoming event:
 - On 3/17/23, Sarah is presenting a free Continuing Education course on zoom on the topic: [Treating Jewish Patients With The Unified Treatment Model - The Renfrew Center](#)
- Get in touch: Sarah Bateman, LCSW, The Renfrew Center's Liaison to the Jewish Community
sbateman@renfrewcenter.com
 - *Sarah Bateman, LCSW is a psychotherapist who specializes in eating disorders, as well as depression and anxiety. In addition to her work in private practice, she is the [Renfrew Center](#)'s liaison to the Jewish community, where she works to ensure that Jewish individuals with eating disorders receive culturally sensitive treatment and that their unique religious needs are met. Ms. Bateman has a private practice in New Jersey, provides training to professionals, and lectures in schools, while working to raise awareness of eating disorders in the Jewish community.*

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Dr. Laura Wood, LMHC, LPC, LCAT, CCLS

- [Dr. Laura Wood, Associate Professor, Lesley University Website](#)
 - For everyone:
 - Learn more about the [Internal Family Systems](#) (IFS) model and [Drama Therapy](#)
 - For clinicians:
 - Wood, Laura L., and Christine Schneider. "[Setting the stage for self-attunement: Drama therapy as a guide for neural integration in the treatment of eating disorders](#)." *Drama Therapy Review* 1, no. 1 (2015): 55-70.
 - For classroom educators:
 - [Fostering Mental Health Literacy](#) through Adolescent Literature
 - Get in touch: Dr. Laura Wood lwood5@lesley.edu
 - *Dr. Laura L. Wood is a Registered Drama Therapist, Board Certified Trainer, Licensed Clinical Mental Health Counselor, Licensed Creative Arts Therapist, and a Certified Child Life Specialist. Prior to being a full-time professor, Dr. Wood was the Lead Therapist at an eating disorder and trauma treatment center in the Midwest where she facilitated individual, group, and family therapy. Her focus and research areas include the treatment of trauma and dissociation, eating disorders, attachment, recovery, and grief/loss. Dr. Wood presents, publishes, supervises, and consults nationally and internationally. She sees clients in private practice and facilitates intensive healing retreats using drama therapy.*
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Talia Cooper, Body Liberation Coach

- [Talia Cooper's Website](#)
- Description: I'm a certified professional coach, singer, songwriter, activist, and facilitator. I want to live in a world where all bodies are accepted and loved.
- Resources:
 - Talia's [party favors](#)...
 - A list of Body Love Resources (reading, podcasts etc.)
 - Who to Follow on Instagram (fat activists, models, influencers, artists)
 - Info about coaching or joining the next I Have a Body! cohort
 - Body Love Music Playlist (on Spotify)
 - Invite to weekly 15 minute body love dance party
 - Body love madlibs (play with your friends!)
 - Recording of the World Without Fatphobia visualization
- Get in touch: Talia Cooper Talia.Cooper@gmail.com
 - *Talia Cooper is a body liberation coach, social change educator, and songwriter. She learned organizing and facilitation as a youth participant of Jewish Youth for Community Action (JYCA), an organization she later ran for 7 years. Talia believes that people are inherently good, wise, and creative, and that loving ourselves is a birthright. As a coach, Talia supports people who want to learn to accept their bodies and free up more time and energy to pursue their dreams. She loves big earrings, Jewish rituals, dancing to pop music, baking cookies, hiking, and playing with her baby. Learn more: www.taliacoopercoaching.com*

TREATMENT & RECOVERY RESOURCES

The Network of Jewish Human Service Agencies (The Network)

- [The Network Website](#)
 - *Description:* The Network is an international membership association of more than 150 non profit human service agencies in the United States, Canada and Israel. Its members provide [a full range of human services](#) for the Jewish community and beyond, including healthcare, career, employment and mental health services, as well as programs for youth, families and seniors, Holocaust survivors, immigrants and refugees, persons with disabilities and caregivers.
 - *Resources:*
 - A Jewish human service agency can help you make a local referral for eating disorder treatment and provide family support when exploring appropriate resources.
 - *Get in touch:* The Network [agency locator](#)
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The Eating Disorder Foundation

- [The Eating Disorder Foundation Website](#)
 - *Description:* We offer a variety of support groups, workshops, classes, and referrals all in a welcoming, open-door environment.
 - *Get in touch:* info@eatingdisorderfoundation.org, 303.322.3373, WhatsApp: 303.941.1553
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Eating Recovery Center

- [Eating Recovery Center \(ERC\) Website](#)
 - *Description:* ERC offers programming and services to support your health and protect your recovery at every level of care in eating disorder treatment.
 - *Offerings:*
 - 35 centers across the country, plus virtual treatment.
 - [Eating Disorder Support Groups](#) for different populations, such as by age, POC, LGBTQ+
 - *Get in touch:* 1-866-295-5455
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Eating Disorder Hope

- [Eating Disorder Hope Website](#)
- *Description:* Treatment, education and resources for eating disorders.
- *Get in touch:* 866-932-1264 or [Search for a Treatment Center Near You](#) for Eating Disorder Help!

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LGBTQ+ Eating Disorder Support Groups

- **ANAD**: LGBTQ+ Eating Disorder Support Group – Monday at 5pm EST / 2pm PST – virtual.
 - **The Eating Disorder Foundation**: This support group is for lesbian, gay, bisexual, transgender, queer, and gender non-conforming individuals to discuss struggles with disordered eating, body image, and identity. 18+ on Wednesdays, 5:30 – 6:30pm (MT) – virtual.
 - **More LGBTQ+ Eating Disorder Support Groups**
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Gaudiani Clinic

- **Gaudiani Clinic Website**
 - **Description**: The Gaudiani Clinic provides expert outpatient medical care to adolescent and adult patients of all genders with eating disorders and disordered eating, of all shapes and sizes. Through a collaborative and communicative approach, the Clinic cares for the whole person, in the context of their values. The founder, Dr Jennifer Gaudiani, is a leading ED expert.
 - **Location**: Denver, CO
 - **Resources**:
 - **Sick Enough** – the book and documentary
 - **Trainings for Professionals and Agencies**
 - **Get in touch**: 720.515.2140. info@gaudianiclinic.com
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Intuitive Being Psychotherapy

- **Intuitive Being Psychotherapy Website**
 - **Description**: Intuitive Being Psychotherapy provides affirmative, individualized, client-centered treatment for teens (age 14+) and adults seeking support for challenges arising from eating disorders, body-image disturbances, trauma, addiction, relationship difficulties, self-esteem issues, grief, life transitions, anxiety, or a need for more generalized support. I am currently seeing clients via telehealth in **California** and **Vermont**.
 - **Offerings**:
 - Therapy, coaching, and consulting for organizations and schools
 - **Get in touch**:
 - Katie Piel, MA, LMFT katie@intuitivebeingspsychotherapy.com
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Trellis Recovery Centers

- **Trellis Recovery Centers Website**
- **Description**: Trellis Recovery Centers in Los Angeles, CA provides high-quality, residential eating disorder treatment for girls between the age of 12 & 17.
- **Location**: Los Angeles, CA
- **Get in touch**: 818-696-5639

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Arizona Restorative Psychiatry

- [Arizona Restorative Psychiatry Website](#)
 - *Description:* At Arizona Restorative Psychiatry we seek to get to know each patient on an individualized level and develop a treatment plan using our **four core values** (wellness, nutrition, movement, and relationships) to fully restore physical and mental health.
 - *Location:* Gilbert, Arizona
 - *Get in touch:* Erica Neal, PA-C at Arizona Restorative Psychiatry sees patients with eating disorders in Arizona and would be happy with her as a resource. She sees patients 13+ years old. (480) 935-3200 or info@arizonarestorativepsychiatry.com.
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ONLINE SUPPORT RESOURCES

- [The National Eating Disorder Association](#): The National Eating Disorders Association (NEDA) is the largest nonprofit organization dedicated to supporting individuals and families affected by eating disorders. NEDA supports individuals and families affected by eating disorders, and serves as a catalyst for prevention, cures and access to quality care.
- [National Alliance for Eating Disorders](#): The leading national organization providing eating disorder help, support, and education.
- [A Mitzvah to Eat](#): A Mitzvah to Eat supports Jews who have a vast range of physical and mental health conditions, disabilities, life circumstances, trauma and more who need to eat on Yom Kippur, use a device on Shabbat, or relate differently to other mitzvot.
- [Project Heal](#): Project HEAL's vision is to create a world where everyone with an eating disorder has the opportunities & resources they need to heal. Our programs break down systemic, healthcare, and financial barriers that millions of people in the U.S. face when trying to heal from their eating disorder.
- [The Full Bloom Project](#): The Full Bloom Project is a research-informed resource designed for anyone who wants to nurture a truly body-positive next generation. By connecting the dots between research and activism in the fields of child and adolescent development, mental and physical health, nutrition, social justice, intersectionality, and eating disorder prevention we can strive in community to make these learnings accessible and digestible to body-positive nurturers everywhere.
- [Mindful Eating Project](#): A division of [The SAFE Foundation](#) that is dedicated to helping individuals improve their relationship with food, weight, exercise, and body image. We offer a confidential hotline open to anyone struggling with eating disorders, body image or bad relationship with food and refer people to psychotherapists who have decades of expertise in treating eating disorders.
- [F.E.A.S.T.](#): F.E.A.S.T. is a global community offering support, education, and empowerment to families of people affected by eating disorders.

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- **Fat Women of Color**: Sisterhood, support & sanctuary for black and brown women of size. Black and Brown women of size, we create online and offline experiences that center *YOU* in our safe and affirming spaces. We know that society uses systemic oppression in an attempt to marginalize you. That is why we are committed to focusing on *your* power, *your* magic, and *your* needs.
 - **Association for Size Diversity and Health**: As a non-profit organization with an international membership committed to the practice of the Health At Every Size® (HAES®) Principles, ASDAH envisions a world that celebrates bodies of all shapes and sizes, in which body weight is no longer a source of discrimination and where oppressed communities have equal access to the resources and practices that support health and wellbeing.
 - **HAES Health Sheets**: These sheets were created as a way to give weight-neutral, evidence-based care options for common health conditions. They are meant to be used by you, the patient, as reference materials to gain knowledge and advocate for yourself and others; and as resources for healthcare practitioners who are interested in creating more inclusive practices by gaining a better understanding of weight-neutral care options.
 - **International Association of Eating Disorders Professionals**: Established in 1985, the International Association of Eating Disorders Professionals (iaedp) is today well recognized for its excellence in providing first-quality education and high-level training standards to an international multidisciplinary group of various healthcare treatment providers and helping professions, who treat the full spectrum of eating disorder problems.
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EDUCATIONAL CURRICULA

Atzmi

- **Atzmi Website**
- **Description**: We support the mental health of Jewish girls via programs designed to improve self-compassion and body acceptance, significantly reducing eating disorder onset.
- **Resources**: “My Best Self” Project is a comprehensive program built on extensive research and implemented through the lens of Torah and Hashkafah. It is comprised of workshops for girls and supporting sessions for the influential adults in their lives, their parents and educators.
- **Get in touch**: Dr. Mary Forta, marcy@atzmi.org 248-800-6230
 - Jewish Family Service (JFS) of Metropolitan Detroit partnered with Atzmi to bring workshops to the community – you can learn more about this partnership by contacting Dini Peterson, LMSW, Chief Program Officer, Family & Community Services dpeterson@jfsdetroit.org

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Resources for Teaching & Facilitating with Youth

- [The Making Peace with Food Card Deck](#): 59 Anti-Diet Strategies to End Chronic Dieting and Find Joy in Eating, co-authored by Christy Harrison and Judith Matz
 - [Image Gap](#): This lesson helps students understand how self-image can influence lifestyle choices.
 - [Self-Esteem and Body Image Activities for Kids](#): This lesson helps young people reflect on the messages they get and give (including to themselves) about personal worth and value. They learn steps they can take to feel confident and good about themselves.
 - [Dove School Workshops On Body Image: Confident Me](#): A set of evidence-informed resources for teachers & educators aimed at 11- to 14-year-olds. Aligned to promote adolescent body confidence, the free downloadable tools are designed to allow teachers and educators to run body confidence workshops. The workshops allow teachers, educators, and students to explore the impact that image ideals portrayed in the media have on young people's self-esteem.
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CONTINUED LEARNING

Article List

- *Jewish Lens*
 - [Yom Kippur, Fasting, and Disordered Eating](#)
 - [Observing Yom Kippur With a Disordered Eating Past](#)
 - [Fat is the final frontier when it comes to full inclusion in the Jewish community](#)
- *Diet Culture & Health at Every Size*
 - [What is HAES and how can it help with an eating disorder?](#)
 - [Let's Rethink How We Talk to Teens about Their Weight](#)
 - [Could The American Academy Of Pediatrics Guidelines Pave New Paths To Weight Stigma?](#)
 - [The Ten Principles of Intuitive Eating](#)
- *Boys & Men*
 - [What parents need to know about the hidden body image issues in boys](#)
 - [Why Aren't We Talking About Anorexia in Men?](#)
- *Fat Activism*
 - [What Is Thin Privilege?](#)
 - ['Fat' Isn't a Bad Word—It's Just the Way I Describe My Body](#)
- *Treatment*
 - [Eating Disorder Coaching Is Revolutionizing Treatment and Recovery](#)
 - [The Broken Lens: How Anti-Fat Bias in Psychotherapy is Harming Our Clients and What To Do About It](#)
 - [The Quest to Make Eating Disorder Treatment More Inclusive](#)

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Documentary List

- [Sick Enough Documentary](#): A Guide to the Medical Complications of Eating Disorders
 - [All Bodies on Bikes Documentary](#)
 - [Light: A Documentary About Eating Disorders in Rock Climbing](#)
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Podcast List

- The Renfrew Center Podcast Episode 3: [Eating Disorder Education 101: Helpful Tips for Family Members](#)
 - Jewish Women’s Archive Podcast Episode 86: [Fat Torah with Minna Bromberg](#)
 - Christy Harrison Food Psych Podcast
 - #64: [Preventing and Treating Eating Disorders in Kids with Kelsey Latimer](#)
 - #90: [Raising Kids with Body Trust and Intuitive Eating with Hilary Kinavey of Be Nourished](#)
 - #196: [Diet Culture’s Racist Roots with Sabrina Strings](#)
 - [The Anti-Diet | Evelyn Tribole](#) on the Ten Percent Happier Podcast
 - [Confronting Systemic Racism in Healthcare](#) on the Passionate Pioneers Podcast
 - Janean Anderson Eating Disorder Recovery Podcast
 - Recovery Bites with Karen Lewis
 - Maintenance Phase
 - Jessi Hagerty Body Love Podcast
 - Tabitha Ferrar Eating Disorders Recovery Podcast
 - Dietitians Unplugged
 - Therapy for Black Girls
 - The Lovely Becoming Podcast with Mimi Cole
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Book List

- *You Just Need to Lose Weight and 19 other Myths about Fat People*, by Aubrey Gordon
([Maintenance Phase podcast](#))
 - This four-part book equips readers with the facts to debunk common anti-fat myths and with tools to take action. Each section aims to reframe conversations on ‘wellness’ while dismantling the anti-fat bias ingrained in how we think about and treat fat people. As conversations about fat acceptance and fat justice continue to grow, “You Just Need to Lose Weight” will be essential to ensure that those conversations are informed, effective, and grounded in both research and history.
- *What Made Maddy Run: The Secret Struggles and Tragic Death of an All-American Teen* by Kate Fagan
- *Sick Enough* by Dr. Jennifer Gaudiani (founder of the Gaudiani Clinic in Denver; also a documentary)
- *Intuitive Eating: A Revolutionary Anti-Diet Approach* by Evelyn Tribole and Elyse Resch
- *The Body Is Not an Apology: The Power of Radical Self-Love* by Sonya Renee Taylor
- *Fearing the Black Body: The Racial Origins of Fat Phobia* by Sabrina Strings

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- *Anti-Diet: Reclaim Your Time, Money, Well-Being, and Happiness through Intuitive Eating* by Christy Harrison
- *Recover Your Perspective* by Janean Anderson
- *MeaningFull* by Alli Spotts-DeLazzer
- *The Diet-Free Revolution: 10 Steps to Free Yourself from the Diet Cycle with Mindful Eating and Radical Self-Acceptance* by Alexis Conason
- *Train Happy: An Intuitive Exercise Plan for Every Body* by Tally Rye
- *Embody* by Connie Sobczak
- *Unapologetic Eating: Make Peace with Food and Transform Your Life* by Alissa Rumsey
- *What We Don't Talk About When We Talk About Fat* by Aubrey Gordon
- *On Fat and Faith: Ending Weight Stigma in Yourself, Your Sanctuary and Society* by Dr. E-K Daufin
- *Mother Hunger: How Adult Daughters Can Understand and Heal from Lost Nurturance, Protection, and Guidance* by Kelly McDaniel