

**EDRC "ASK THE EXPERTS" PRESENTS**

# **THE HEALING POWER OF ANGER IN EATING DISORDER RECOVERY**



**Suzannah Neufeld, MFT**

**SATURDAY, AUGUST 14, 2021  
9:30 - 11 AM**

Harnessing the Healing Power of Your Loved One's Anger in Eating Disorder Recovery: Anger can be a tough emotion for folks with eating disorders and their loved ones—whether their anger is overflowing or they struggle to express it at all. Together, caregivers will learn skills based in Emotion-Focused Family Therapy to cope with, respond to, and help process your loved one's anger as a powerful tool for healing in recovery.

Suzannah Neufeld, MFT, CEDS-S is a licensed psychotherapist and certified eating disorder specialist, who has been dedicated to supporting individuals and families with eating disorders, body image concerns, and maternal mental health since 2003. Suzannah is an advanced certified Emotion-Focused Family Therapist, and has a deep passion for empowering caregivers in the eating disorder recovery process. She is a co-founder of Rockridge Wellness Center, a counseling and health collective in Oakland, CA, where she has a private practice. Suzannah is the author of *Awake at 3 a.m.: Yoga Therapy for Anxiety and Depression in Pregnancy and Early Motherhood*. Learn more at [www.suzannahneufeld.com](http://www.suzannahneufeld.com).

## **CLICK HERE TO REGISTER!**

(ZOOM LINK WILL BE EMAILED TO YOU UPON REGISTRATION)



Please send your questions to [nancy@edrcsv.org](mailto:nancy@edrcsv.org). These will be sent to her ahead of time so she can address them on August 14th.