

EDRC'S ASK THE EXPERTS PRESENTS

MIRROR MIRROR ON THE WALL: HOW TO BE A POSITIVE REFLECTION TO YOUR CHILD



Lisa Bograd

SATURDAY, NOVEMBER 6, 2021

9:30-11AM

The Topic of the Group Discussion is: "Mirror Mirror On the Wall: How to Be a More Positive Reflection to Your Child." Using this topic as the reference point for the parent group, it is my hope that I can help parents of children with eating disorders to learn how to be more positive mirrors for their children, who often have a poor self image and low self esteem. I would like to help parents of children with eating disorders to understand how truly important they are in shaping their child's sense of self and cultivating their feelings of self worth. I would also like to help parents to develop tools and cultivate behaviors that will empower their children to feel good about themselves and to feel more at home in the skin they are in. - Lisa Bograd

Lisa Bograd has been working in the field of eating disorder treatment for close to two decades. Lisa has facilitated support groups for people with eating disorders through ANAD, and through the Women's Health Resource Center at California Pacific Medical Center and on her own through her private practice. Lisa has run specific groups and workshops for Parents and Partners of People with Eating Disorders. She has also been involved in eating disorder prevention work, offering workshops for parents on How to Cultivate Healthy Eating Habits and Positive Body Image in children, and talking to teens at High Schools in the Bay Area about Body Positivity and Eating Disorder Awareness. Lisa is very passionate about helping people who struggle with eating disorders to free themselves from the tyranny of food and weight obsession so that they can have more meaningful lives and relationships. She is also deeply committed to helping shape a world where people, regardless of race, ethnicity, sexual orientation, or body size, can be empowered to feel at home in their own skin. Lisa's primary psychotherapy practice is in the Rockridge district in Berkeley. To learn more about Lisa you can visit her website at: www.therapy4change.net.

CLICK HERE TO REGISTER

(ZOOM LINK WILL BE EMAILED TO YOU UPON REGISTRATION)

Please send your questions to nancy@edrcsv.org. These will be sent to her ahead of time so she can address them on November 6th.