

EDRC'S ASK THE EXPERTS PRESENTS

USING VALIDATION WITH YOUR EATING DISORDERED CHILD:

HOW IT CAN IMPACT CAREGIVER DISTRESS TOLERANCE AND INCREASE PARENTS' SKILLS AND CONFIDENCE

SATURDAY, FEBRUARY 26, 2022

9:30-11AM



JD Ouellette, M.S.

JD is a San Diego mother of four whose youngest daughter developed anorexia nervosa as a 17-year old high school senior. JD helped to start the UCSD Parent Advisory Council, which provides direct and group mentorship to families, became active in online support communities, began to attend and then present at conferences such as ICED and NEDA, served on the board of F.E.A.S.T., ran an in-person community support group, and eventually left her profession as an educator to become a peer coach in private practice. Today she is delighted to serve as Mentorship Director for Equip, a virtual treatment program she has been an integral part of developing, that began treating patients in May of 2020.



Kevin Dunn

Kevin Dunn is a dad who has been the primary caregiver for his 13-year-old daughter since her anorexia nervosa diagnosis four years ago. He is the Senior Family Mentor at Equip and leader of their Men's Group, also helped found (and leads) the F.E.A.S.T. Men's Group, with the goal of activating, educating, and motivating men to be more supportive and effective caregivers.

CLICK HERE TO REGISTER

(ZOOM LINK WILL BE EMAILED TO YOU UPON REGISTRATION)

Please send your questions to nancy@edr.csv.org. These will be sent to her ahead of time so she can address them on February 26th.