

EDRC'S ASK THE EXPERTS PRESENTS

# WHAT DOES RECOVERY LOOK LIKE?



**Dr. Laura Machado PSY.D.**

Dr. Laura Machado is a Licensed Clinical Psychologist, certified Body Positive group facilitator and a member of the International Association of Eating Disorders, the Academy of Eating Disorders, and American Psychological Association. For most of her career, she has specialized in helping people recover from eating disorders and related issues, which includes mood and anxiety disorders, and addictions. Her research has been in developing criteria for sustainable recovery for eating disorders. She worked as the lead therapist at a treatment center for eating disorders and has given several training sessions to other professionals on the assessment and treatment of eating disorders. She remains passionate about helping to advance the field of eating disorders and believes full and complete recovery is a possibility for everyone. She sincerely believes that all people can come to experience a deep and sustainable sense of well-being. Often, it is by overcoming struggle that we come to this state of wellness. She knows this to be true first-hand and because she has witnessed countless others heal. We often just need some support and guidance to find our way, and it is such a gift to be able to play a supporting role for others. Her approach is often described as a combination of science and soul, and her style as warm and genuine. She utilizes an integrative approach that focuses on developing practical ways to survive your crisis, discovering and connecting to your truest self, and designing a life that reflects a level of peace that may be deeper than what you knew before.

**Saturday, March 26th, 2022**

**9:30 - 11 AM**

**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 March 26th.