

EDRC'S ASK THE EXPERTS PRESENTS

# **THE BENEFITS OF NUTRITION SUPPORT MENTORS FOR THOSE WITH EATING DISORDERS**

Stephanie Brooks, MS, RD, CEDRD-S



Stephanie Brooks, a certified Eating Disorder Dietitian and Supervisor, Nutrition Therapist, and Consultant, is a nationally recognized expert in the field of disordered eating with over 20 years of eating disorder treatment experience. She uses her experience and passion for her work to help her clients obtain healthy relationships with food and their bodies so that they can get their life back and thrive. Stephanie practices Family Based Nutrition Therapy, "Health at Every Size" philosophy, and a mindful non-diet approach to help others obtain physical, mental, and spiritual health.

## **Deb Buchanan, Nutrition Support Mentor**

Deb Buchanan is a Nutrition Support Mentor and has been working in the nutrition and fitness fields for over 13 years. A Nutrition Support Mentor is a new and fast growing addition in the field of eating disorder treatment. These mental illnesses are notoriously difficult to recover from, the underlying issues develop over years and take time to work through. Deb's position aims to bridge the gap between doctors, therapists and dietitians, and even the client's family and friends, who may be overwhelmed or uncertain on how to help. Deb will make herself available to respond to questions clients and family members have. She will help her client with practical skills such as grocery shopping, preparing/cooking meals and organizing kitchen cabinets. She will join the client during meal or snack time to offer support and/or provide the family a respite. She will also assist with dining out exposures, cooking exposures, and clothes shopping exposures.



**SATURDAY  
MAY 21st, 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 May 21th.