

EDRC'S "ASK THE EXPERTS" PRESENTS

# EXPLORING CAREGIVER BLOCKS FROM EMOTION-FOCUSED FAMILY THERAPY



**Suzannah Neufeld, MFT**

**SATURDAY, DECEMBER 10, 2022  
9:30 - 11 AM**

Caregivers often have tons of tools to support their loved ones, but when we see our loved one struggle, fear, shame, love or anger can show up, making it hard to access our tools. Join us to learn about how to recognize and work through practical or emotional blocks that may get in the way of your effectiveness in supporting your loved one with an eating disorder.

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@edr.csv.org](mailto:nancy@edr.csv.org). These will be sent to her ahead of time so she can address them on December 10th.