

EDRC'S ASK THE EXPERTS PRESENTS

Recovery from Childhood Trauma, Eating Disorder, and PTSD.

Ingrid Abild-Pedersen

Saturday April 29, 2023

9.30-11 AM PST

[CLICK HERE TO REGISTER](#)

**(ZOOM LINK WILL BE EMAILED TO YOU UPON
REGISTRATION)**



Ingrid Christine Abild-Pedersen is a Certified Professional Coach, speaker and the founder of Abild-Pedersen Coaching, find out more at www.abildpedersencoaching.com. She is the author of "Unmasked - A Triumphant Memoir of Recovery from Childhood Trauma, Eating Disorder, and PTSD". Ingrid wrote her memoir with the hope to spread awareness of the connection between childhood trauma, physical symptoms, and mental health.

Ingrid will share her journey with an eating disorder, PTSD, and physical ailments caused by childhood trauma. She will also share an exercise that will foster growth during difficult situations.

**Please send your questions to
john@hansenjohn.com by April
26th.**



Eating Disorders Resource Center