

# **EDRC's Ask The Experts Presents: From Refusal to Resilience: Navigating Resistance to Eating Disorder Treatment**

**Lainy Clark and JD Ouellette**

**Saturday August 12th, 2023  
9:30-11 AM PST**

Lainy Clark, MA, LPC is a Licensed Professional Counselor in multiple states and works as a clinical supervisor for Equip Health. She has received specialized training in Family Based Treatment, Emotion Family Focused Therapy, Enhanced Cognitive Behavioral Therapy for Eating Disorders, Adolescent Focused Therapy and Dialectical Behavior Therapy. Lainy is passionate about helping individuals heal from the oppressive forces of diet culture. She incorporates the principles of Health at Every Size (HAES) into her work with clients looking to recover from disordered eating and heal their body image.



JD Ouellette is a Lived Experience Expert in eating disorders and the Director of Lived Experience for Equip Health. JD has worked full-time in the eating disorder field since leaving her career as an educator in 2018 to provide mentorship and coaching for other families whose loved ones are impacted by an eating disorder. JD came to this work after the youngest of her four children developed anorexia nervosa in 2012. Grateful that her family benefited from early, aggressive intervention

with evidence-based care, she channeled her gratitude and personal and professional skill sets into ensuring all families have access to the same psychoeducation, skills coaching, and support that made a difference for her family and enabled her daughter to achieve full, long-term recovery.

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**Please send your questions to  
[john@hansenjohn.com](mailto:john@hansenjohn.com) by August 9th.**



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