

EDRC's Ask The Experts Presents:

**Erika Bent, LMFT, LPCC, CEDS-S
Eating Disorder Psychotherapist**

**Saturday July 20, 2024
9:30am-11am PST**

Zoom only event



Burnout and Stress

Erika is a psychotherapist with 15 years of experience and the Founder of Cypress Wellness Collective, a group practice that specializes in mental health and eating disorder recovery in the San Francisco Bay Area. She formerly served as the Clinical Director of several inpatient and outpatient treatment facilities and has experience working with adolescents and adults with eating disorders, anxiety and mood disorders, body image and self-esteem, and family dynamics. Erika is an expert in eating disorder recovery and is a Certified Eating Disorder Consultant and Supervisor (CEDC-S) with the International Association of Eating Disorder Professionals (IAEDP). She has expertise in family therapy, and is certified in Family Based Treatment (FBT). Erika lives in San Francisco with her partner and dog. In her down time, she enjoys aerial silks, hiking, and yoga.

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**Please send your questions to john@edrcsv.org
by July 17th.**



**Contact us
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