

# EDRC's Ask the Experts presents:

## Navigating the Transition to College

**Athena Robinson, PhD**

**Saturday, August 24th, 2024**

**9:30 AM - 11 AM PST**

Clinical Psychologist and Adjunct Clinical Associate Professor, Stanford School of Medicine

**Dr. Athena Robinson**, a seasoned Clinical Associate Professor and respected psychologist, brings over two decades of experience in treating disordered eating to the Ask the Expert speaker series. With a Ph.D. in Clinical Psychology, her career at Stanford University School of Medicine focused on establishing both the Adult Eating Disorders Clinic and the DBT Program, shaping the landscape of disordered eating treatment. Dr. Robinson's multifaceted approach incorporates evidence-based therapies such as FBT, CBT, DBT, IPT, ACT, and CRT, tailored to address the spectrum of disordered eating behaviors. Her profound impact extends beyond academia, as evidenced by her private practice, where she has guided countless individuals, families, and athletes towards recovery and self-empowerment since 2007. Dr. Robinson's treatment philosophy emphasizes empathy, collaboration, and skill-building, fostering a supportive environment where clients can achieve their desired quality of life.

**CLICK HERE  
TO REGISTER**

**PLEASE SEND YOUR QUESTIONS TO  
JOHN@EDRCSV.ORG  
BY AUGUST 21ST**

