



Sutter Health



Eating Disorders Resource Center

EDRC's Ask the Experts presents:

No Bad Parts: A Compassionate Approach to Understanding Eating Disorders with Internal Family Systems (IFS) Therapy

Marcella Cox

LMFT, CEDS-S, Certified IFS Therapist,
Approved IFS Clinical Consultant
Founder, Kindful Body & Co-founder, IFS
Telehealth Collective

Saturday, June 1st, 2024

9:30 AM - 11 AM PST

Marcella Cox has been in clinical practice for more than a decade. Her career has been dedicated to treating eating disorders, disordered eating, body shame, and trauma. Marcella provides professional supervision and consultation, workshops and trainings, and recently contributed the chapter on IFS and Disordered Eating in *Altogether Us: Integrating the IFS Model with Key Modalities, Communities, and Trends* (Pivotal Press, 2023). Marcella is the founder of Kindful Body, a collaboration of experienced eating disorder professionals providing online therapy and nutrition counseling throughout California. She also co-founded the IFS Telehealth Collective with lead IFS trainers, Mariel Pastor, LMFT and Paul Ginter, Ed.D. The IFS Telehealth Collective is a multi-state mental health group practice dedicated to providing authentic, high-quality IFS Therapy online throughout California, New York, Massachusetts, Florida, Oregon and Michigan.

To learn more, visit

www.kindfulbody.com

www.ifstherapyonline.com.

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**PLEASE SEND YOUR QUESTIONS TO
JOHN@EDRCSV.ORG
BY MAY 29TH**

