

EDRC Presents: Ask the Experts



Dr. Anita Johnston

PhD, CEDS

Saturday, January 11th @ 9:30am-11am PST

Understanding Eating Disorders Through Storytelling & Metaphor

Anita Johnston, Ph.D., is a Clinical Psychologist, Certified Eating Disorder Specialist, and author of *Eating in the Light of the Moon: How Women Can Transform Their Relationships with Food Through Myths, Metaphors, and Storytelling*, which has been published in seven languages. She is the co-creator of the Light of the Moon Café, an online resource with interactive and self-study courses and a supportive community for women around the world. A pioneer in the field of eating psychology for over thirty-five years, she is currently the Founder and Executive Clinical Director of Ai Pono Hawaii Eating Disorder Programs, which has a residential eating disorder treatment program on Maui.

Dr. Johnston provides virtual individual consultations and conducts workshops internationally. She is best known for integrating metaphor and storytelling into her training as a clinical psychologist to explain the complex issues that underlie struggles with eating and body image.

You can find her at:

Dr. Anita Johnston:
<https://dranitajohnston.com/>
FB/IG: @dranitajohnston

Light of the Moon Cafe:
<https://lightofthemooncafe.com/>
FB/IG: @lightofthemooncafe

Ai Pono Hawaii
<https://aipono.com>
FB/IG: @aiponohawaii

Free Webinar Available:
<https://lightofthemooncafe.com/webinar>

**CLICK HERE
TO REGISTER**

PLEASE SEND YOUR QUESTIONS TO
JOHN@EDRCSV.ORG
BY JANUARY 8TH.



**ZOOM
EVENT**

