

Dr. Marybeth Weinstock

PhD, BC-DMT

Saturday, July 26 @ 9:30am-11am PST

Eating Disorders & The Embodied Approach: Expressive Arts & Dance/Movement Therapy

Dr. Marybeth Weinstock is a dance/movement therapist with over 50 years of experience working in psychiatric hospitals, schools, mental health facilities, and private practice. Her dissertation, *Women Dancers in Midlife: Coping with the Transition*, inspired a series of ongoing workshops exploring this significant life stage.

She was deeply influenced by her beloved mentor Anna Halprin, who certified her to teach Movement Ritual—a milestone Marybeth holds as meaningful as completing her PhD. Her early training with Alwin Nikolais, Murray Louis, and Hanya Holm in New York City, along with her practices in meditation and yoga, continue to shape her creative approach.

Marybeth has served the dance therapy community as President and Communications Chair of the California Chapter of the American Dance Therapy Association, and as Western Member-at-Large on the National Board.

For over 20 years, she has specialized in eating disorders and issues of age and gender. She is a certified facilitator of The Body Positive and integrates this perspective along with Internal Family Systems into her therapeutic work. From her private practice on California's Central Coast, Marybeth sees a wide range of clients and facilitates groups for individuals with eating disorders and adult adoptees—guiding them to access their own embodied knowledge and healing.

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