

Dr. Liz Woodruff PhD

Saturday, April 18
9:30am-11am PST

Beyond Behavior: Understanding the Emotional & Psychological Roots of Eating Disorders (& How Parents Can Help!)

Dr. Liz Woodruff is a licensed clinical psychologist in private practice specializing in eating disorders and co-occurring conditions, including trauma, depression, and anxiety. She provides individual, family, and couples therapy, with expertise in working with adolescents and young adults.

Dr. Woodruff is certified in **Family-Based Treatment (FBT)** and **Emotion-Focused Family Therapy (EFFT)**. Her clinical approach integrates these evidence-based modalities with depth-oriented models that emphasize emotional processing, mentalization, and relational functioning. Her work is grounded in the belief that while behavioral stabilization is essential, lasting recovery requires addressing the underlying psychological and interpersonal processes that contribute to and maintain symptoms.

She is actively involved in the training and supervision of clinicians and contributes to the field through scholarly writing and professional consultation.

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TO REGISTER**



PLEASE SEND YOUR QUESTIONS TO
SHANA@EDRCSV.ORG BY APRIL 17TH.

