



# Courage to Nourish

**Research demonstrates that more than half of individuals diagnosed with a psychiatric illness also demonstrate evidence of disordered eating and/or an eating disorder.**

***Do your clients need specialized care?***

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**Here are screening questions to ask your clients:**

- Is my client exhibiting rigidity with their routines, especially around food?
- Does my client feel their self-worth and self-esteem is dependent on body size, eating/not eating certain foods, or how much physical activity they do in a day?
- Is my client socially withdrawing, showing decreased interest in activities, irritable, or having mood swings?
- Does my client complain of feeling cold, tired, apathetic, or lethargic?
- Do you find your conversations are revolving around food or GI distress?
- Does your client report concerns about their weight, shape or size?
- Have you noticed significant weight gain/loss in a short period of time?

*If your client answered "yes" to any of these questions, please refer to an eating disorder dietitian. We would love to support your clients on the road to eating disorder recovery.*

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***Screening is crucial because:***

- Eating disorders are a mental illness that may **NOT** have a physical manifestation
- The average delay between onset and first treatment is 4 years, but may be as long as 10 years or more.
- Eating disorders do **NOT** discriminate. Any person of any weight, shape, ethnicity, race, gender, age, socioeconomic level can struggle
- Eating disorders have the **highest** mortality rate of all mental illnesses and may have long term health consequences

## We Are Here to Help

The dietitian plays an important role in eating disorder recovery. Here's some of our roles and responsibilities, and how we can help your clients recommend with their bodies and discover food freedom.

- Explore beliefs and emotions surrounding food and weight
- Tailor interventions targeted at food and eating behaviors to the client's needs, lifestyle, and readiness for change
- Support clients through intervention and the emotions that may arise
- Communicate with therapists, psychiatrics, physicians, and other members of the interdisciplinary team to provide the best care for our clients on the road to recovery

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## About Courage to Nourish

*Courage to Nourish is a team of six expert eating disorder dietitians. With over three decades of combined experience, we provide a safe, weight inclusive and compassionate space for clients to heal from food and body struggles. Eating disorders often go unnoticed or providers are stuck wondering who to ask for help. That's where we come in. We're here to work with you or your clients on an individual or group level to provide excellent eating disorder and/or disordered eating nutrition counseling.*

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## Our Services

We offer a variety of services for both clinicians and clients.

- Individual nutrition therapy in person in College Park or Columbia, MD as well as virtually
- Nutrition support groups
- Support groups for family, friends, and loved ones
- Clinical supervision for all clinicians

Plus, a variety of great tools, resources, and informational pieces for all audiences.

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