



Courage to Nourish

Are you looking to explore body image with clients but aren't sure where to start? Here is a list of Do's and Don't's to help you navigate the conversation.

DO:

- **Explore your own body image:** It's important for us to be mindful of how we could be projecting our body image onto our clients and to address the weight bias we may hold
- **Get curious and ask questions** such as, "Tell me about your relationship with your body growing up" or "How does exercise or movement affect body image?"
- **Discuss values:** Understanding a client's values can help us draw parallels to their body image
- **Do your own work:** Read blogs, take courses and webinars, ask yourself questions like "What biases do I hold toward people in larger bodies?"

DON'T:

- **Assure the client that you “won't make them fat.”:** This reinforces fears of gaining weight
- **Weigh clients:** the scale can be a triggering and traumatizing experience and can reinforce the importance of the number

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

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.

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.

.....
Alex@couragetonourish.com ••• Bobbi@couragetonourish.com
Phone (301) 202 4532 ••• www.couragetonourish.com