



RACHEL OLIVER  
COUNSELLING

Online  
Interactive  
Workshop

Saturday  
September  
18, 2021

# Supporting Individuals with Body Image

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9am – 12pm EDT

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Price: \$200 Canadian (\$150 before August 15, 2021).  
Limited space so sign up soon!

*A workshop designed for clinicians and professionals to support clients who are living with body image issues.*

Some topics that will be covered:

What is poor body image and why clients have body image issues.

How to communicate with clients around body image issues.

Strategies and exercises to work through body image issues.

Appropriate language to address people of different body sizes.

Topics and strategies to find peace with clothing and shopping.

Reflections on our own body image/biases from diet culture and how this impacts our work with clients.

Question and answer period.



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Rachel has been working with the eating disorder population in inpatient/outpatient settings as well as her private practice for three years. She has supported many adults, adolescents, parents, families and clinicians with body image psychoeducation and skills. She has extensive eating disorder training and experience in modalities such as Enhanced Cognitive Behavioural Therapy for Body Image, Family Based Therapy, Emotion Focused Skills Training, Emotion Focused Therapy, Mindful Self-Compassion and Intuitive Eating principles. In this workshop, Rachel created a condensed version of strategies and information of what she has found most helpful in her experience working with individuals with body image issues.

Rachel is passionate about changing social messaging around diet culture and stigma against those living in larger bodies. Rachel takes a health at every size approach and dreams about a day when all individuals have body freedom, compassion and neutrality.

## Course Instructor



Rachel Oliver, MSW,  
RSW

## Contact



[rachelolivercounselling@gmail.com](mailto:rachelolivercounselling@gmail.com)



226-868-5693