

# THE RENFREW CENTER'S RECOVERY WEBINAR SERIES

For those in recovery and those needing extra support in their recovery journey.

**Wednesday, January 11, 2023 • 12:00 pm - 1:00 pm (ET) (RE-BROADCAST)**

## *Fighting Fatphobia and Weight Stigma in Recovery*

Eating disorders are not just about improving your relationship with food. Recovery must also include recognizing the systemic forces that fuel eating disorders, unlearning harmful internalized beliefs, and acquiring the skills needed to navigate these oppressive experiences. This webinar defines fatphobia and weight stigma, discuss the cultural impact specifically on those in recovery and explore internal beliefs around weight and their origins. Attendees will learn methods for handling experiences with weight stigma and fatphobia and how to begin to release internalized beliefs.

Presented by:



**Jaclynn Wise, PsyD**  
Team Lead,  
The Renfrew Center  
of Pittsburgh

**Wednesday, January 25, 2023 • 12:00 pm - 1:00 pm (ET) (RE-BROADCAST)**

## *The Body Image Toolkit: Building a Better Relationship with Your Body*

It's difficult to make peace with your body when living in a culture obsessed with appearance, weight, and shape. While many individuals struggle on some level with body acceptance, it is particularly problematic for those in eating disorder recovery to tune into the body's signals, honor its needs, and resist the urge to try to change it. Join us as we explore an understanding of how body image develops over time and how methods to try to improve the body often prove, in the long run, to be harmful. Highlighting the large quantity of products and industries in our culture designed to increase profits and decrease self-esteem, we will address how unhelpful patterns are created and maintained, provide tools to combat the inner critic, and offer practical methods to build a better relationship with your body.

Presented by:



**Samantha DeCaro, PsyD**  
Director of Clinical  
Outreach and Education  
The Renfrew Center

## TO REGISTER

Please visit [www.renfrewcenter.com](http://www.renfrewcenter.com).

For questions, contact [alumni@renfrewcenter.com](mailto:alumni@renfrewcenter.com).

