

THE RENFREW CENTER'S RECOVERY WEBINAR SERIES

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

Wednesday, March 25, 2026 • 12:00 pm - 1:00 pm (ET)

Can One Eating Disorder Turn Into Another?

Navigating Symptom Shifts in Recovery

A common misconception about eating disorders is that eliminating symptoms alone will “solve” or “fix” the disorder. This belief overlooks the emotional, psychological, and relational factors that often underlie eating disorders and can contribute to what is sometimes called “symptom substitution,” or more commonly, “symptom swapping.”

In this webinar, attendees will explore why symptom shifts can occur in both treatment and recovery. Participants will gain a deeper understanding of how to address underlying needs, build effective coping strategies, and support sustainable change.

Presented by:



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TO REGISTER

Please visit www.renfrewcenter.com.

For questions, contact alumni@renfrewcenter.com.

