

# 1st Western New York NEDA Body Project Facilitator Training

- National Eating Disorder Association -



## BE PART OF OUR REGIONAL TEAM TO FACILITATE A POSITIVE APPROACH TO BODY IMAGE FOR WOMEN AGES 15 – 25.

**TARGET AUDIENCE:** Clinicians, social workers, mental health professionals and individuals connected with eating disorder treatment and advocacy. As part of this training, all facilitators are expected to lead 2 Body Project programs in 2017 for groups of 10-12 participants.

**THE BODY PROJECT:** Web site: (<http://www.bodyprojectsupport.org/home>):

*“The Body Project is a selective eating disorder prevention program for young women with body dissatisfaction, an established risk factor for eating disorders. This group-based intervention provides a forum for young women who have internalized the thin-ideal to critique it in verbal, written, and behavioral exercises.*

*The Body Project is a dissonance-based, body-acceptance intervention designed to help high school and college-age women resist sociocultural pressures to conform to the thin-ideal and reduce their pursuit of thinness. A reduction in thin-ideal internalization should result in improved body satisfaction and improved mood, reduced use of unhealthy weight-control behaviors, and decreased binge eating and other eating disorder symptoms.”*

**TRAINER:** Chelsea M. Kronengold, NEDA Program Associate

**DATES:** Two sessions: Wednesday, May 17, 2017 or  
Thursday, May 18, 2017

**TIME:** 8:30 am to 4:30 pm.

**LOCATION:** Rochester Mental Health Association  
320 Goodman Street N #202 (Adjacent to Village Gate)  
Rochester, NY 14607

**REGISTRATION:** \$75 per person and must be received by April 30, 2017.  
Snacks and a light lunch will be provided.  
Space is limited to 12 participants per day, so register early.

**QUESTIONS:** Contact us at [info@moonshadowspirit.org](mailto:info@moonshadowspirit.org) or [KMBforanswers1@gmail.com](mailto:KMBforanswers1@gmail.com)

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