



HMD LECTURE: Friday, October 17, 2014

Eating Disorders: A Sacred Journey

Presented by Isabelle Tierney, MA, LMFT

This class enhances the healer's understanding of eating disorders and offers a psycho-spiritual process to skillfully work with eating disorder clients. Eating disorders are becoming increasingly prevalent in our society. The health consequences of having an eating disorder can be lethal: research shows that anorexia has the highest death rate of any mental illness and between 5% and 20% of people who develop the disease eventually die from it. Additionally, it is estimated that more than 35% of those who abuse drugs and alcohol have an eating disorder (versus 3% of the general population) while 50% of people with eating disorders abuse drugs or alcohol (compared to 9% of the general population). This means that most healers will likely, at some point in their career, encounter a client who struggles with an eating disorder. The ability to have a deep understanding of the physical, emotional, mental, and spiritual issues related to eating disorders as well as to know when to refer out is a professional obligation of the healer.



Isabelle Tierney, M.A. is a Licensed Marriage and Family Therapist and Brennan Healing Science practitioner with 20 years experience in eating disorders. She currently teaches about eating disorders at various universities, school systems, private groups, and mental health centers. She is a speaker, author, and consultant to mental health agencies on eating disorders. She is the creator of the Feel Good Way, a psycho-spiritual philosophy to heal painful habits and addictions. She is the founder and CEO of Choice Point, a company which provides products and services to support people in treating food and body image issues.