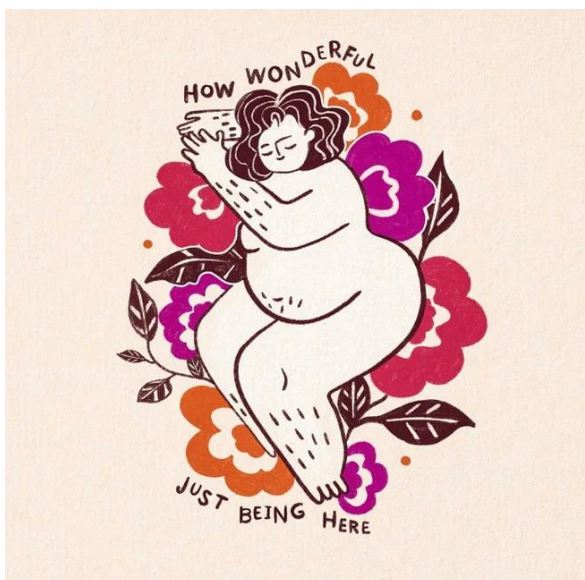


Weight stigma, fatphobia and diet culture in the therapy room

How to work respectfully with clients of every size



An in-person workshop to help therapists develop an anti-oppressive and effective approach in therapy in regards to weight and body size.

More info & booking at thefatcounsellors@gmail.com

Saturday 15th October 2022

10:00am - 4.00pm

Horfield Quaker Meeting House

300 Gloucester Road, Bristol, BS7 8PD

What will we cover:

- A history of fatphobia and its origins in racism and ableism
- Learning about diet culture, the body positive movement and wellness
- How weight stigma and diet culture impacts both client and therapist in and out of the therapy room.
- Exploration of societal and personal values and how this impacts on the therapeutic relationship.
- Lived experiences of being fat clients and therapists.

Price – Sliding scale £30 - £70

Early bird discount available until 1st September

Facilitators:

Jo Reader MSc Coun Dip Coun Sup MBACP (Accred)

Jo is a person-centred counsellor and supervisor with a private practice. She is a Mother-Daughter relationship coach and also a School Counsellor with a background working with schools, teenagers and parents. She works from a weight-neutral perspective and published research in 2014 about weight stigma in therapy.



Cat Chappell Prof Dip MBACP (Accred.)

Cat is an integrative counsellor with a background of working with domestic violence, rape and sexual abuse. She has a private practice and works in a weight neutral, fat positive way with clients who struggle with body issues.

