

Breakout Session Two**BETTENDORF ROOM**

11:30 AM-12:30 PM

BE REAL Materials:**Confident Tools for Professionals, Parents, Adolescents and Children*****SPEAKER: Diane Hudson, MEd, LMHC, CYT200*****Description:**

Today's explosion of social media use has created an epidemic of body image problems for young people. Body dissatisfaction affects upwards of 70% of adolescent girls and 40% of adolescent boys. Research ties body dissatisfaction to a host of adolescent mental health problems from eating disorders to depression and isolation, to suicidal ideation. This presentation will share ways the adults in children's lives can set better examples and provide support for the growing children in their lives. It will also provide content updates for all the BE REAL materials, including the BodyKind Body Image Curriculum and the Let's Eat Nutrition Lessons. Whether you are a parent, guardian, community leader, educator, dietitian, counselor, or nurse, there will be valuable information to receive on how you can better support the children and adolescents in your life!

Speaker Bio:

Diane is a licensed mental health counselor (LMHC), a Nationally Certified Counselor (NCC), a member of the American Counseling Association (ACA), Certified Yoga Teacher, and a BE REAL Ambassador. She has completed iaedp (International Association for Eating Disorder Professionals) Core Course Training and is working towards her iaedp Educational Designation. Diane is the owner of New Moon Wellness QC, supporting clients across the state of Iowa via telehealth and in-person in Bettendorf, Iowa.

Diane attended Western Illinois University where she graduated in 2005 with a Bachelor of Science degree in Law Enforcement and Justice Administration, 2010 with her Master of Science degree in Educational Studies, and 2019 with her Master of Science degree in Clinical Mental Health Counseling. Her professional experience includes Life Connections Mental Health, Davenport Police Department, American Red Cross, internships at the Robert Young Mental Health Center, and The Abbey Addiction Treatment Center; as well as many volunteer opportunities including the Quad Cities Sexual Assault Response Team (SART), and Amy's Gift (QC Eating Disorder Consortium).

Diane specializes in treating clients who present with concerns related to eating disorders, perinatal mood and anxiety disorders, adjustment-related stressors, anxiety, depression, and other trauma related stressors. She works primarily with individuals aged 14 and up. Her main treatment modalities are rooted in the theory of Somatic Experiencing®, Eye Movement Desensitization and Reprocessing (EMDR) therapy, and Dialectical Behavior Therapy (DBT) techniques: a skills-based approach including mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness. She has been presenting for over a decade at local and regional conferences on the topic of using yoga and mindfulness as a tool for supporting emotional health.

"My goal is to provide a safe, supportive, and empowering space where, together, we can slow things down and untangle the stressors of life." - Diane