

Breakout Session Three
BETTENDORF ROOM
2:00-3:00 PM**Befriending Your Body:**
Embodiment and Mindfulness Practices for Eating Disorder Support
SPEAKER: Alex Kurauskas, LMHC**Description:**

The Befriending Your Body Program (BFYB)^{™®} is a unique trauma-informed Somatic Self-Compassion Recovery program teaching the skills of embodiment and self-compassion for disordered eating and making peace with your body, food and self. Different from a traditional support group or therapy group, the BFYB Program is a psycho-educational program that offers teachings about the brain, nervous system, and the inner communication our bodies have lost along the way. This presentation will highlight the most impactful components of the program and offer experiential elements to help attendees understand how it can support them or their clients.

Speaker Bio:

Alex is a licensed mental health therapist with experience in a variety of clinical settings. She uses evidence-based approaches, including Dialectical Behavior Therapy (DBT), Cognitive Behavioral Therapy (CBT), and Acceptance and Commitment Therapy (ACT) to support and empower clients. Because each person is unique, Alex enjoys creating individualized treatment plans tailored to meet her clients' needs. She is also a certified instructor for the Befriending Your Body Program^{™®} and is pursuing certification as a Certified Eating Disorder Specialist (CEDS).

Alex is the lead therapist for the Eating Disorders Intensive Outpatient Program at the Robert Young Center, based in Davenport Iowa, where she integrates the Befriending Your Body Program lessons and practices as a foundation for healing.

In her free time, she enjoys exploring new places and has visited nearly all 50 states and a few foreign counties.