

Breakout Session One **BETTENDORF ROOM** 10:15-11:15 AM

A Family-Centered Approach to Supporting Eating Disorder Recovery

SPEAKER: Gabriella Sloan, LCPC, LMHC

Description:

This session provides psychoeducation for family members and caregivers supporting their loved one through eating disorder treatment and recovery. Key points of discussion include how caregivers can provide compassionate support for a holistic and individualized recovery process, the various resources available for eating disorder treatment in our country, and how caregivers can maintain their own well-being as they support their loved one.

Speaker Bio:

Gabbie is a gentle trauma-informed therapist and clinical supervisor serving individuals and families in Illinois and Iowa. She works from a humanistic and systemic lens, with experience in internal family systems, cognitive therapies, and emotion focused therapy. Her professional identity hinges upon autonomy, human dignity, unconditional positive regard, and compassion.

Gabbie's primary populations served are individuals with eating disorders, trauma survivors, and families supporting a child or loved one through a mental health struggle. She is especially drawn to working with "chronic" or "treatment-resistant" presentations, offering care that is collaborative, attuned, and deeply respectful of each client's lived experience.

She seeks to raise awareness about eating disorders and recovery through her work as a therapist, writer, and board member for the Eating Disorder Coalition of Iowa.

