



EMBODIED RECOVERY INSTITUTE

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Bringing the Body to the Forefront of Eating Disorders Treatment



Welcome to **EMBODIED RECOVERY** – a trauma-informed, relationally oriented, and somatically integrative approach to the treatment of eating disorders that draws from the latest research in traumatology, interpersonal neurobiology, and child development.

Drawing on principles from Somatic Experiencing™, Sensorimotor Psychotherapy®, Sensory Integration, and Body-Mind Centering®, **EMBODIED RECOVERY** offers training, consultation, and program development for health and mental health professionals.

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