

EDRC'S "ASK THE EXPERTS" PRESENTS

LIFTING UP SIBLINGS AND WHAT THEY NEED

MOST SATURDAY, SEPTEMBER 25, 2021
9:30 - 11 AM

Join our guest speakers as we discuss best practices related to meeting the needs of siblings when a brother or sister is fighting an eating disorder.



Kym Piekunka is the owner of the advocacy site KymAdvocates.com and the providing connection and resources to well-siblings. In 2018, together with Bridget Whitlow, MS, LMFT, developed a survey to study how siblings were affected and shaped by growing up with a sister or brother with an eating disorder. Kym has been speaking to siblings, parents/carers, and clinicians for over 20 years to bring the sibling experience to light and develop sibling focused support systems and coping strategies. Kym currently serves as a Community Advisor for Equip, is the co-chair for AED's Expert by Experience Committee and serves on the Scientific Program Committee.



Bridget Whitlow, MS, LMFT is a licensed psychotherapist that provides psychotherapy for adolescent and adult individuals, couples, families, and groups. Bridget has clinical expertise in the treatment of anxiety, eating disorders, obsessive-compulsive disorder, LGBTQ, and self-criticism. She is trained in multiple treatment modalities, including family-based treatment, cognitive behavior therapy, exposure and response prevention, mindful self-compassion, and compassion focused therapy. Throughout her clinical training, Bridget has also been actively involved in research projects and worked as one of the lead clinicians at UCSD Eating Disorders Treatment and Research Program on a multi-site NIMH study that compared two types of family therapy for adolescents with anorexia. Since 2018, Bridget has been collaborating with Kym Piekunka to study and co-develop wellness resources for individuals that have a sibling experiencing an eating disorder.

CLICK HERE TO REGISTER!

(ZOOM LINK WILL BE EMAILED TO YOU UPON REGISTRATION)



Please send your questions to nancy@edrcsv.org.
These will be sent to her ahead of time so she
can address them on September 25th.