

SCHOOL WORKSHOP

I Am Enough

The Empowering Mental Health Program For Teen Girls Confronting The Eating Disorder & Body Image Crisis

PRESENTATION FACILITATOR



Dr Alissa Knight ~

CLINICAL PSYCHOLOGIST & EATING DISORDER SPECIALIST

PhD (Psychology);
M.Psych (clinical); B. Psych
(Hons); B.ED (JP/P); M. Journalism

**FOUNDER & DIRECTOR OF THE CALMING SUITE PSYCHOLOGY CLINIC
EATING DISORDER ~ BPD ~ TRAUMA
SPECIALIST ~ MEDIA SPOKESPERSON ~
RESEARCHER ~ TEACHER
CONFERENCE PRESENTER ~ YOGA AND DANCE
INSTRUCTOR**



AUDIENCE

Year 7 - 12 (12 - 18 year olds)



TIME LENGTH

1.5 hours



GROUP SIZE

up to 750



This workshop seriously saved my life. I thought I was the only person to feel like this. I was going down a really dark hole and felt like a prisoner to this eating disorder voice in my head telling me I was never good enough. I left that day realising I didn't need to suffer. I am now receiving help and feel so much better. Thank you so so much Dr Alissa Knight.

Year 11 Australian High School Student

AIM OF I AM ENOUGH

THE MISSION OF THIS WORKSHOP "I AM ENOUGH" IS TO HELP TEENAGE GIRLS GOING THROUGH AN EATING DISORDER OR AT RISK OF DEVELOPING ONE, LEARN HOW TO BE EMPOWERED, RESILIENT, CONFIDENT, HOPEFUL AND INSPIRED ABOUT WHO THEY ARE IN THE FACE OF BULLYING, SOCIAL MEDIA, WORK/SCHOOL/HOME CHALLENGES, FRIENDSHIP ISSUES, AND THE HYPER-TECH WORLD, AND SHINE IN THEIR MIND AND BODY

KEY THEMES COVERED

- **ANXIETY & EMOTIONAL REGULATION** (Learning how to effectively manage and switch off the procrastination, worry, panic, and emotionally regulate yourself when you feel like you are going from zero to 10,00000 in distress).
- **BODY IMAGE** (Learning ways to finally be able to feel comfortable, happy and content in your body though embracing neutrality and skills that allow you to reject unrealistic stigmatised body ideals and standards on social media and in society in general).
- **DISORDERED EATING** (Eating Disorder Behaviours) This workshop will offer modernised strategies and tips on how to free yourself from mental rules around weight and food, body shape and size, and how to switch off the cruel eating disorder voice that often dictates and drive the disordered eating through very rigid, obsessive and distorted ideas.
- **BULLYING & SOCIAL MEDIA** (Learning effective ways to cope with, and stand up to bullying where you leave with a sense of empowerment).
- **RECOVERY**: Learn a new way to define recovery from an eating disorder that is quite different to traditional methods.

HOW TO BOOK

 info@thecalmingssuite.com.au

 (08) 8471 1010; 041 396 3561

 www.thecalmingssuite.com.au

AUSTRALIAN CURRICULUM LINKS

▶ HPE - Personal, Social & Community Health - Being Healthy, Safe and Active

▶ Explore Strategies to Manage Physical and Emotional Change (ACPPS034)

▶ General Capabilities - CCT, PSC, EU

STUDENT RESOURCES

I AM ENOUGH WORKBOOK (Optional) ~ All Students receive a resource book to take notes during the session with helpful tips and strategies