



Paula Kotowicz, Counsellor

I am...

**A Woman, An Ex-ballet Dancer, A Mother of Two Daughters,
A Therapist Who has Specialised in Working with People with
Eating Disorders, Body and Eating Issues for Seven Years**

*I know a thing or two about these often
debilitating issues*



The Facts

The truth is, due to many reasons, countless young people (girls AND boys) feel very bad about their bodies (body image is in the top 3 concerns of young people aged 18-24: Mission Australia Youth Survey 2012), and may engage in harmful behaviours related to food, dieting or exercise

Negative body image is becoming common in children as young as six and seven years old

Children as young as six years old are being hospitalized for eating disorders



The average *recovery* time for an eating disorder illness is between 5-7 years – that doesn't include the actual illness time, which can be as long or longer

Chances are the parents in your community are concerned for their children around these issues

If parents are aware, they can make a positive difference to these issues

What Can I Do For Your Community?

Provide much-needed information about the warning signs and behaviours of poor body image, eating issues and eating disorders

Provide information on how parents can role model positive behaviours at home to their children

Provide strategies and skills to promote positive body image, self-acceptance and self-compassion in children, all identified as being essential to good mental health and resilience

Provide info on where to get assistance if the problem needs specialist help



To make a booking for your community, please me on

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