



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 your community is concerned for their children around these issues

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

What Can I Do For Your Community?

- Provide professionals with much-needed information about identifying and differentiating between negative body image, disordered eating and eating disorders
- Provide information on the importance of prevention and early intervention
- Provide strategies for prevention and early intervention
- Recognition of risky behaviours and other warning signs in young people
- 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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