

CLIENT RESOURCES:

ONLINE COURSES/PROGRAMS:

Title:	Creator:
Intuitive Eating Fundamentals Intro to Intuitive Eating	Christy Harrison (RDN)
Untrapped	Louise Adams (Clinical Psychologist)
Raising Intuitive Eaters	London Centre for Intuitive Eating
PCOS Power	Julie Duffy Dillon (RDN)
Find Food Freedom	Sammy Previte (RDN)
Non-diet-y Nutrition School	Colleen Christensen (RDN)
Empowered Eating Method	Jessika Brown (RDN)
Food Freedom Mindset (Guided audios, meditations, journal prompts)	Jenn Baswick (RD)
Feel Good For Life Feel Your Fullness	Lauren Cadillac (RDN)
In Charge Eating	Nina Mills (APD)
Education and information webinars twice monthly	Eating Disorders Family Australia
Food Freedom Program (Small group coaching)	Nadia Felsch (BHSc, IE counsellor)
Binge Free and Beyond	Nina Oljaca (APD)
Jumpstart to Binge Freedom	Marissa Kai Miluk (RDN)
Better Body Image (free video series)	Free Method Nutrition (RDN)

Nourishing Mind and Body	Megan Boswell (APD), Kiah Paetz (APD)
RIPE	Sarah Harry (BA), Fiona Sutherland (APD)
ADHD: Eating With Ease	Becca Kerber (RD)