

Eating Disorder Recovery Coaching

Anne-Claire Jedrzejczak
(She/Her/Hers)

path to
recoverED

hi!

I'm Anne-Claire, a Certified Eating Disorder Recovery Coach (Carolyn Costin Institute), registered yoga teacher (RYT 500) and mental health advocate, passionate about helping others confront and overcome the eating disorder challenges I recovered from.

I use a combination of training **and** lived experience to guide you towards your goals.

Lived experience?

Yes! I suffered from my own eating disorder, disordered thoughts and behaviors. I have been specifically trained by Carolyn Costin to use that lived experience as part of my coaching practice.



certifications & degrees

- Certified Eating Disorder Recovery Coach - CCIEDC (Carolyn Costin Institute)
- Registered Yoga Teacher with Yoga Alliance - RYT 500
- Bachelor's & Master's degree in *Ingénieur de gestion* (M.Sc.) (Solvay Brussels School of Economics & Management - Université Libre de Bruxelles).

additional trainings

- Families and Loved Ones (training for Clinicians), with Carolyn Costin, MA, MEd, LMFT, CEDS, FAED
- Body Image Training for Clinicians: The Missing Piece of Whole Body Healing, with Marci Evans, MS, CEDRD-S, LDN and Fiona Sutherland, ADP
- Trauma-Informed Yoga Training, with My Vinyasa Practice
- Yoga Nidra Training, with My Vinyasa Practice
- Yin Yoga Training, with My Vinyasa Practice
- Restorative Yoga Training, with My Vinyasa Practice





why choose coaching?

- Do you work with a therapist or dietitian but feel you could benefit from extra support?
- Do you sometimes leave the therapist's office feeling like you've had some big breakthrough but then find you are still having a hard time implementing new healthy skills & tools to replace disordered patterns?
- Do you sometimes leave the dietitian's office with lots of motivation to meet your food goals but then find yourself falling back into old patterns a few days later?
- Are you tired of obsessing over food and your body?
- Do you struggle with restricting, bingeing, purging, over-exercise or chronic dieting?
- Are you trying to practice intuitive eating and/or movement and in need of guidance?
- Are your food habits and negative thoughts about your body keeping you from enjoying life?

I can help.



what do I do?

As a Certified Eating Disorder Recovery Coach and someone who has recovered from her own eating disorder, I provide a safe, judgment free space to help you overcome your eating disorder or disordered eating & movement habits, and finally make peace with food & your body.

The focus of each session is individualized and based on your goals, as well as the goals of any treatment team you have.

I work in person and/or online, to help you:

- Explore and work on motivation, patience and hope
- Define your “why” for recovery, and what you are recovering to
- Challenge and change disordered thoughts and cognitive distortions
- Learn and practice new coping skills to address and heal disordered behaviors
- Improve your relationship with food and your body
- Challenge fear foods and food rules

- Implement intuitive eating and exercise
- Improve body image and explore body neutrality
- Develop and practice self-compassion
- Explore mindfulness and mindfulness-based practices

Depending on your individual needs and stage of recovery, I work through a combination of 1-on-1 talking sessions, meal support sessions, between-session goals and assignments, as well as after-hours support by text & email.





team work

Eating Disorder Recovery Coaching is different from therapy and is not a substitute for clinical treatment. It can be a great addition or the next step in your recovery journey.

If you are actively struggling with an eating disorder, I require that you also meet with a therapist or dietitian. I may also require a note from your general practitioner.

If you are working with a treatment team, I am happy to collaborate with them!

Curious to know more about the differences between a coach & a therapist or dietitian?

Head out to the [FAQs](#) on my [website](#)!



what do I NOT do?

I am NOT a therapist

A therapist usually focuses on your past and why you developed an eating disorder - while I will always focus on what is going on *here and now*, how we can take steps in the future. A therapist diagnoses and treats patients, including for other comorbidities - which I do not.

When appropriate, I will point out the topics that may be best explored with a therapist to you and communicate accordingly with your therapist.

I am NOT a dietitian

A dietitian is trained to assess your nutritional status, create a meal plan, make recommendations regarding specific foods, supplements and/or eating changes. I work with you to implement those changes, the new habits into your daily life (I can help them face fear foods, challenge food rules, in words and action).

I will never prescribe any meal plan or give nutritional advice.

I may refer to publicly available guidelines or trusted resources written by specialized dietitians.



Photos: Studio Cagibi

find me

Website:

www.pathtorecovered.com

Instagram:

[@path_to_recovered](https://www.instagram.com/path_to_recovered)

The Recovery Collective:

[@the_recoverycollective](https://www.instagram.com/the_recoverycollective)

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