



AlignED Care

Eating Disorder & Mental Health Center



Decolonizing Body Image



WEDNESDAY
6:00-7:00 pm



VIRTUALLY VIA ZOOM
Adults 18+ located in
California



\$65/Group

Welcome to “Decolonizing Body Image”. In this space, we will work to foster interdependence and connection as we reclaim community and diversity. We will learn about and process the impacts of systemic harm on us as individuals, on our ancestors, and on our communities. This group will explore historical context both on societal and personal levels to deepen our understanding of the complexity and ubiquity of body image distortions to help decenter individuals as the problem. We will work together to grow our awareness of the external pressures placed on each of us to foster our reconnect to honoring our bodies, the bodies of our ancestors, and future generations. Together, we will co-create a brave space to witness and heal together, building peer support in navigating a society where these systems continue to exist.



I believe therapy is a space for collaboration where we work on your goals with kindness, compassion, and care. I center you as the expert in your lived experience, working primarily from a Relational Gestalt and psychodynamic approach while incorporating tools from other modalities and bringing a social justice lens to meet individual needs. I have experience working with BIPOC, LGBTQIA+, and neurodivergent individuals as well as experience working with substance abuse, trauma, anxiety, depression, grief, self-esteem, and identity development through times of transition. I aim to support you in increasing consciousness to facilitate navigating life with intention and authenticity.

••• **Facilitated by Alyshia Marcelletti (they/them), AMFT #147455 APCC# #16932** •••

Supervised by Robyn Caruso (she/her), LMFT #80168, CEDS-C #4246

CONTACT US FOR A FREE CONSULTATION:



310.494.6241



alyshia@alignedcarecenter.com



www.alignedcarecenter.com