



Transforming trauma through food and body stories

Well Now Learning Lab: Thinking Through Trauma for Healing-Centred Nutrition Practise

An advanced workshop for practitioners, activists and scholars who would like to deepen their understanding of how to use the nutrition conversation to enhance body respect and health justice for all.

The Abbotsford Convent, Melbourne
31st Jan and 1st Feb 2019

This interactive workshop is designed for participants with prior working knowledge of critical perspectives around food, fatness and health (e.g. fat activism, Well Now, HAES, weight-neutral/non-diet approach) including nutrition practitioners, body workers, therapists, life coaches, educators.

A core theme will be how to translate data on social determinants of health into practical strategy for client welfare, practitioner growth, and a fairer world.

Join us for an exciting opportunity to learn from the workshop facilitator: dietitian and poet Lucy Aphramor, and each other, as we consider questions such as : In what ways can we ground the self-care conversation with our clients in social justice? Is it possible – or even responsible or useful – to ensure the food and health conversation is trauma informed? What will support us to notice any contradictions that exist between our own thinking and practise?

The teaching draws on Lucy's work developing Well Now, an approach to public health that is compassion-centred, trauma-informed and justice-enhancing.

This Well Now Learning Lab is for anyone who would like to:

- Integrate data on the social determinants of health into conversations on food and self-care
- Understand different types of power and why the distinctions matter
- Theorise therapeutic education as liberatory by harnessing the inseparability of medium and message
- Become an expert in how to spot a binary and leave with handy tips for dismantling diet mentality thinking and destabilising the status quo
- Feel more confident in their knowledge of, and engagement with, key research studies and concepts related to social determinants of health including trauma, ACEs, healthism, neoliberalism, praxis
- Identify and explore contradiction, gaps and limitations in current theory and practise including revisiting mindful eating through a lens of poverty and trauma
- Increase understanding and build confidence in how to practise in a way that is relational, body aware and intentionally political (concerns that triangulate Well Now)

*** With thanks to Fiona Sutherland for helping make this Learning Lab happen ***

