



Transforming trauma through food and body stories

Scholarly Supervision and Support

Do you need help thinking through theory as you write up your article or Masters' thesis? Are you looking for supervision or mentoring input for your PhD or grant proposal?

I am committed to supporting robust scholarship as a pivotal step in building knowledge that can effect deep change. I am a civic intellectual who is also a radical dietitian and performance artist. In plain English – that means I am thinky and work outside of academia, though I sometimes teach in universities and am often invited to conferences.

Working on a freelance consultancy basis means my perspective is not constrained by academic trends or politics though it is informed by them: I hold an Honorary Research Fellow position at Chester University and am an Adjunct Professor at Mount St Vincent University, Canada. I am published and read widely across disciplines related to health-justice and frequently cited. I have authored or co-authored peer-reviewed journal articles, book chapters, and books, including two articles that have in excess of 300k hits.

My particular areas of interest and expertise fan out from a core of health-justice and are grounded in praxis. This means my skills involve helping people link theory with real-life concerns. I can help you think through qualitative and quantitative research and theory that is broadly concerned with health-justice. Key words include: *non-diet, compassion, eating disorders, mindful eating, intuitive eating, Connected Eating, social determinants of health, HAES, mindfulness, body aware, Well Now, food justice, ethics, language, praxis, trauma-informed, liberatory, empowerment, empowerment, social justice.*

My background includes qualifications and/or experience across mental health advocacy, dietetics, disability, poetry, permaculture, women's studies, performance, research, counselling, marathon running and university teaching.

I hold a PhD in critical dietetics and have won awards from the NHS, British Dietetic Association, and health charities for my pioneering dietetics research. This range of interests and expertise is reflected in the eclectic range of theory and knowledge I bring to scholarly supervision.

Services for researchers and others includes:

- Scholarly supervision for Masters and PhD students
- Critical friend support for report writing/project or campaign planning

I will be happy to discuss specific supervision requirements prior to you submitting a grant application or PhD proposal.

