

"Psychodrama" with Valerie Simon (Body Empowerment 80)

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Описание:

Featuring special guest Valerie Simon, LCSW, PAT, Creator of The Inner Stage

Valerie's links:

<http://valeriesimon.net/>

<https://www.facebook.com/ValerieSimon...>

<https://twitter.com/TheInnerStage>

Filmed and edited by Caroline Rothstein

<http://www.carolinerothstein.com/>

About BODY EMPOWERMENT:

Founded in 2008, "Body Empowerment" is hosted and produced by NYC-based writer, performer, and eating disorder recovery advocate Caroline Rothstein. In an effort to promote eating disorder awareness, prevention, and recovery, as well as promote positive body image worldwide, Caroline shares her own recovery stories - both the challenges and triumphs - as well as the ways in which we can empower our bodies and selves on emotional and mental levels.

New episodes air on the 1st and 3rd Mondays of each month. Caroline welcomes and encourages viewer comments, questions, and video topic requests.

Join the conversation and dialogue - and more importantly, the BODY EMPOWERMENT movement!

Spread the word - we all deserve a lifetime of empowerment!

<http://www.carolinerothstein.com>