



## Paula Kotowicz, Counsellor

*I am...*

**A Woman, An Ex-ballet Dancer, A Mother of Two Daughters,  
A Therapist Who has Specialised in Working with People with  
Eating Disorders, Body and Eating Issues for Seven Years**

*I know a thing or two about these often  
debilitating issues*



### The Facts

- The truth is, due to many reasons, countless young people (girls AND boys) feel very bad about their bodies (body image is in the top 3 concerns of young people aged 18-24: Mission Australia Youth Survey 2012), and may engage in harmful behaviours related to food,
- dieting or exercise
- Negative body image is becoming common in children as young as six and seven years old
- Children as young as six years old are being hospitalized for eating disorders



- The average *recovery* time for an eating disorder illness is between 5-7 years – that doesn't include the actual illness time, which can be as long or longer
- Chances are your community is concerned for their
- children around these issues
- If professionals are aware, they can make a positive difference to these issues

## What Can I Bring to Your Function?

I am a highly qualified and experienced speaker on the topics of Eating Disorders, Eating and Body Image issues. I have spoken at numerous events and conferences on these subjects for allied health professionals including general practitioners, pharmacists, psychologists, dentists, social workers, mental health counselors etc. These events may range in duration from 45 mins to 2 hours and can be tailor-made to suit your needs.



To make a booking for your community, please me on

**0414 585 358 or 02 9363 4470**

**[paulajkotowicz@gmail.com](mailto:paulajkotowicz@gmail.com) or at [www.paulakotowicz.com](http://www.paulakotowicz.com)**