



Body Positive Birmingham

About Body Positive Birmingham Groups

Body Positive Birmingham therapy groups exist to empower women to embrace and care for the bodies they live in through the cultivation of community and compassion. Based on The Body Positive model, as well as our own expertise as mental health therapists, we utilize group work, meditation and yoga practices, and intuitive awareness to assist women in finding what self-care and wellness means for them. We seek to create a space of non-judgment and acceptance for women to find a space to connect and have meaningful discussions around the ways we relate to our bodies. These groups will be wellness-promoting, non-shaming, hope-instilling, solution-oriented, and will utilize a weight-neutral approach to health.

Body Positive Birmingham groups will last for 6 weeks, meeting twice monthly, and will be limited to 8 participants per session. These therapy groups are dedicated to the core competencies of The Body Positive model: **Reclaiming Health, Practicing Intuitive Self Care, Cultivating Self-Love, Declaring Your Authentic Beauty, and Building Community** (<https://www.thebodypositive.org>).

Who would benefit from BPB Groups?

Body Positive Birmingham groups are for women of any shape, size, age, race, religion, sexuality, or story who are interested in learning to love themselves more fully by engaging in authentic community. Please note, this is not considered eating disorder therapy, though it may be a beneficial addition for women in recovery from disordered eating.

Group Facilitators

Katie Reed, MA LPC NCC- Katie is a Licensed Professional Counselor and a Certified Body Positive Facilitator. She received her Masters in Counseling from UAB and has worked with a diverse group of adults, teens, and families in the Birmingham area concerned with anxiety, depression, addiction recovery, body image, relationships, spirituality, and life transitions. She frequently incorporates meditation and mindfulness training into working with her clients.

Melissa Scott, MA, LPC, RYT- Melissa is a Licensed Professional Counselor and Registered Yoga Teacher who specializes in working with clients with eating disorders, anxiety, and trauma backgrounds. She uses a client-centered, mindfulness-based approach to help clients move toward overall health and wellness. She has diverse clinical experience in private practice, higher education, and treatment center settings. She writes and presents regularly on issues related to body image, mindfulness, and holistic mental health.

Registration for BPB Groups

Clients are requested to commit to the entire series, but may pay weekly. Cost is \$40 per session or \$200 for the entire series when paid up front. Inquire about the use of insurance for payment. A registration fee of \$40 is requested to hold a client's spot when not paying for the full series up front; this will cover the cost of the first session or copays.

To Register: Contact Melissa Scott at 205-427-2794 or MelissaKScott@gmail.com

BPB Fall Schedule & Location

Tuesdays from 12:00-1:30
September 10 & 24; October 8 & 22; November 5 & 19
Conscious Body Healing Arts Center
300 Office Park Drive, Suite 205