



BODY IMAGE GROUP

Wednesdays 7:15 - 8:45 PM
ongoing

Show up, be seen, and live a braver life in your body!

The Daring Way™ method will be translated into a series of body image group sessions that provide a safe nurturing environment for women to express themselves creatively and authentically, while learning to develop a new inner voice and move towards self-acceptance. The group is an 8-10 week creative process psychoeducational group with weekly activities that are focused around body image. The groups will cover topics such as:

- Understanding the core issues of body image
- Addressing media and societal impact on beauty
- Learning shame resilience using the Daring Way™ method
- Developing self-compassion and self-acceptance
- Cultivating authenticity
- Coping skills to combat negative body image thoughts/feelings practicing mindfulness

To set up an interview and for more information, please contact, Ginair Goodwin McKerrow at 404-983-3320 or email Ginair@GinairTherapy.com



GINAIR GOODWIN MCKERROW, LCSW

Ginair Goodwin McKerrow, LCSW is an experienced psychotherapist specializing in eating disorders, body image, mood disorders, addiction and women's issues. Ginair has been on the front lines with adult and adolescent women, treating acute eating disorders in an inpatient and partial treatment facility, as well as working with clients in her private practice for over 17 years. Ginair is a Certified Daring Way™ Facilitator and will be incorporating training with Dr. Brené Brown into the body image group and a large component of the group will be on building shame resilience around body image.



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