

**Healthy Body Image author is available to speak to your
professional, community, or school organization**

Kathy Kater, LICSW

Specialist in

***Primary Prevention of Body Image, Eating,
Nutrition, Fitness, and Weight Concerns***

Kathy Kater, LICSW has specialized in the treatment of body image concerns and eating disorders for over 25 years. Frustrated that progress in understanding body image and eating problems has not been matched by prevention, she authored *Healthy Body Image: Teaching Kids to Eat and Love Their Bodies Too!* This comprehensive prevention curriculum is the first of its kind to produce significant measurable improvement in weight related attitudes and in reducing the risk factors for disordered eating in pubescent children. *Healthy Body Image* has been recommended by the U.S. Department of Health Office of Women's Health in their *BodyWise* information packet for educators. Kathy's new book for parents presents all of the same concepts in her popular curriculum in an easy to read format for parents. In her presentations Kathy provides audiences the opportunity to learn and become confident in applying the *Model for Developing Healthy Body Image*.

TARGET AUDIENCE:

Adults interested in promoting healthy body image attitudes and preventing or reversing eating and weight concerns in children, teens and adults: educators and administrators at all levels, physicians and other health and mental health care providers, parents and other child care providers, policy makers, community organizers and individuals age 14 and older.

PRESENTATION SUMMARY:

It is rare today for women and girls to feel good about their bodies. People have always been interested in appearance, but the current pressure on women to be thin in order to feel acceptable is unprecedented. As a result, it is now statistically "normal" for females in America to feel bad about their bodies and to describe themselves as "fat," regardless of size. Despite its counterproductive nature, "dieting" is seen as the cure for the "wrong" body. Roughly 70% of adolescent girls eat in unhealthy, restrictive ways for the purpose of controlling or losing weight. This is extending to younger and younger children, with almost half of 4th to 6th grade school girls compromising their nutritional needs out of fear of becoming fat. Boys are increasingly affected as the national obsession with avoiding fatness becomes more and more pervasive. At a time in their lives when they should feel secure in their body's growth, developing confidence in the habits that will help them to

become healthy adults with healthy weights, American children are anxious and pre-occupied with body size, afraid food will make them fat, and eating in ways that are detrimental to health and well being. Ironically, as the drive to be thin has produced the greatest weight loss efforts ever known, America has become the fattest nation on earth! Clearly something is wrong with our approach.

Kater's multi-media workshops provide an overview of the problem of unhealthy body images, eating patterns, and weight concerns in American culture and American youth. Five cultural myths that directly encourage these problems are revealed, and the "antidotes" needed to resist these messages are provided. Kater's demonstration of methods used in her comprehensive prevention curriculum empowers her audience to immediately apply the principles for developing healthy body images and preventing eating and weight concerns in kids and adults.

Kathy Kater, LICSW

2497 7th Avenue East, Suite 109, North St. Paul, MN 55109

651-770-2693

kathykater@isd.net

www.bodyimagehealth.org

Continuing Education Objectives for *Preventing and Reversing Body Image, Eating and Weight Concerns**

The audience will know...

- 1) negative body image and unhealthy eating are currently part of the prevailing developmental sequence for adolescent girls in the American culture. Body dissatisfaction affects an increasing number of boys as well.
- 2) the latest research related to the onset and development of body image, eating, nutrition, fitness and weight problems in Western culture.
- 3) why prevention efforts targeting the known risk factors for unhealthy body image attitudes and eating behaviors must begin earlier than previously thought, and must aim for health as a goal versus size.
- 4) four prevalent cultural myths that promote body image concerns and disordered eating in America.
- 5) the “antidotes” needed to develop resiliency in the face of these myths.
- 6) a new model for promoting healthy weight related attitudes and lifestyle behaviors.
- 7) a sampling of the methods and promising results of *Healthy Body Image: Teaching Kids to Eat and Love Their Bodies Too!*, a new primary prevention curriculum for developing children.

* Alternative titles are available and presentations are tailored to your group or organization.

What audience members have said about Kater's presentations:

Professional endorsements

"The first time I saw Kathy Kater present, she held spellbound an audience of "regular folks" at a health club. Her straightforward, firm, gentle and often humorous approach disarmed and visibly affected the audience. When I first saw her present to a national gather of eating disorders educators and professionals, I frankly wondered if she'd be as effective with the most well-informed audience. She was just as good -- or better! Kathy has an amazing capacity to help people understand important gaps in their knowledge and perspective, while also providing the key and logical information in the most easy-to-understand fashion."

Joe Kelly - Executive Director, Dads and Daughters

"Kathy Kater presented at our national conference and received overwhelmingly positive evaluations. She enriched our program with her professionalism and her dynamic style. Kathy's presentation was well organized, authoritative, and combined practical as well as theoretical material which clinicians really seek. I hope to have Kathy return to our Conference."

Judi Goldstein - Renfrew Center Director of Professional Relations and Education (Philadelphia)

"I chaired the program committee for the all-day workshop Kathy Kater presented for Minnesota Women in Psychology. From our first phone conversation, Kathy was a delight. She had a wealth of information and was open to our particular interests. Kathy was a fantastic speaker. Her speaking style, insights, humor and candid responses, and respect for the work that we do created a great learning environment. The most powerful part of the day was a panel of clients Kathy has worked with. Kathy was masterful in her respectful engagement with these women as they shared their own struggles and what they had accomplished in therapy. This workshop had a major impact on all who were there. The overwhelmingly positive feedback from participants let us know that Kathy's presentation will affect our relationships with our clients in a very beneficial way."

Linda Rodgers, L.P., Educational Chairwoman, MN Women's Psychologists

"Like all good speakers Kathy Kater is well-organized, focused, and informative. But, beyond that, her style manages to combine content and advice with stimulating demonstrations of how to blend education, discussion, learning, and prevention. It is very difficult to address adult audiences as if they were, simultaneously, professionals and students in an elementary school class, but Kathy does this with style, humor, grace--and, increasingly, some very persuasive quantitative and qualitative data about the impact of her programs."

Michael Levine, Ph.D., Kenyon College, Former President: National Eating Disorder Association

"Kathy Kater should be introduced to young children and their parents everywhere. She has developed a curriculum that makes real sense to kids and parents who must deal with unhealthy media pressures in regard to body image and eating. Our school had the good fortune to implement Ms. Kater's curriculum, as well as having her speak to our teachers and Family Education participants. She is a great speaker, with an important message that is relevant to everyone. She did such a good job, that the line of parents and students waiting their turn to speak to her after the program was very long. The comments I heard later were that Ms. Kater was just as excellent one-on-one as she was in making her presentation. I urge you to do your children, your teachers and yourself a favor and take advantage of all she has to offer."

*Ken Scarbrough, Superintendent
Staples Motley School District, Minnesota*

"I asked Kathy to be the keynote speaker at a public outreach/education/fundraising event put on by the Heather Henderson Memorial Fund. Her presentation engaged a very diverse group, and she was able to speak about eating disorders in a way that created hope rather than despair. When Kathy speaks, people feel they can do something about prevention and treatment in their own daily lives. Her expertise in the field combined with her warmth and audience rapport make her an ideal speaker. Even though she is challenging, listeners feel supported rather than attacked or guilty. Kathy's a great speaker who presents compelling material in an accessible way."

Nancy Gruver - Editor, New Moon Magazine for Girls

"I've had the pleasure of working with Kathy Kater quite a few times while I have been President of the Minnesota Nutrition Council Incorporation. This is a professional audience of dietitians who are very vocal with their opinions, and we always have many requests to have Kathy return. She has excellent rapport with her audience and everyone appreciates her calm and relaxed style of presenting. She is clearly credible, and her passion provides inspiration."

Janelle Waslaski, RD, LD, CDE, President- Minnesota Dietetic Association,

"After reading Kathy's impressive *Healthy Body Image* curriculum and seeing her present at a national eating disorder conference, I thought she was the perfect keynote speaker for a CESA workshop for educators that I was planning. The educators loved her! She is a very knowledgeable, energetic and articulate speaker. She brings to the audience her expertise both as a mother and a professional which gives her credibility. Her presentations offer many varied learning experiences, which allows the audience to engage and enjoy themselves. Promoting a healthy body image in our culture is essential and Kathy is an awesome person to convey this message."

Karen Chilson, RD, Educational Consultant – CESA #11

"Excellent speaker! Extremely knowledgeable, and uses wonderful methods that get her message across in ways that I can take right back to the classroom for students."

Participant - Harvard National Conference for Educators on Eating Disorders,

"I found Kathy Kater to be a very engaging, articulate and knowledgeable convention speaker. Her interactive style of presentation was very refreshing. Her follow-through was exceptional as well. She provided supplementary materials for me after the conference, which required generous added time on her part. I highly recommend her as a speaker."

Sue Abney, R.D., C.D., Purdue University

Participant - Eating Disorders Awareness and Prevention Conference,

"I really didn't want to attend this (mandatory) in-service. I thought it would be a waste of time. But I was wrong. I'm very glad I came. In fact, I gained a whole new way of thinking about these issues."

Middle and Upper School Science Teacher

Mounds Park Academy, St. Paul, MN

Parent participants said:

"This was a straight shooting presentation with *very* helpful information. I can use this information with my daughter. Thanks!"

"Great speaker. Positive messages. Wonderful problem solving ability. I loved the examples of exercises teachers do with kids in the classroom."

"I liked everything about this program. Very informative. The presenter was very comfortable."

"This is the first time I have understood *why* dieting doesn't work!"

"I wish I'd have had this information 30 years ago!"

"Excellent reinforcement I will use with my own children as well as with patients." (Parent / M.D.)

"I'd give anything if I'd had these lessons when I was in fourth grade."