

Understanding Eating Disorders and Effective Treatments

NAMI Grand Rapids Area presents Julie Dokken, LPCC and Manager of Sanford Health Eating Disorders Unit, at the virtual education session on May 17, 2022 Noon to 1:30 PM.

Julie Dokken is a Licensed Professional Clinical Counselor who earned her Graduate Degree from Minnesota State University at Moorhead. In 2014, she was given the Alumni Achievement Award. In May of 2012 she co-authored an article for the International Journal of Eating Disorders on “Minimizing and Treating Chronicity in the Eating Disorders: A Clinical Overview.” Julie specialized in cognitive behavioral therapy, emotion-focused interventions, and family-based therapy for adolescents. Julie lives by a standard encouraged by her mentor: “Everything a therapist says and does in a therapy session has a purpose and should be part of a plan.”

To register for the Zoom session please email NAMI Grand Rapids at gr.mn.nami@gmail.com

Community members and mental health providers welcome!

