

# Elizabeth Scott, LCSW

Psychotherapist • Consultant • Keynote Speaker



## RESOURCES

### **The Big Hearted Embodiment Collaborative**

A team of providers committed to social justice and positive embodiment

The Big-Hearted Embodiment Collaborative brings together professionals who have taken my Big-Hearted Embodiment trainings so that we can consult, collaborate on individual and family cases, continue developing our skills and practices, and promote our work.

#### **Membership includes:**

- 1. Group Consultation:** I offer two team consultation groups each month on Zoom.

#### **Wednesday Collaborative Meetings:**

The Wednesday Collaborative sessions meet monthly from 4:00 to 5:30 p.m. PST. This meeting is for newer members and there is more training in each session. On Wednesdays I begin with 45 minutes of instruction and practice. Then we share and discuss our work for the remaining 45 minutes.

#### **Thursday Collaborative Meetings:**

The Thursday Collaborative meetings meet from 9:00 to 10:30 a.m. PST. This meeting is for members who have completed all the training requirements. Thursday meetings are quite fluid, we often start with a guided meditation, then check in with each member to see what is needed. Sometimes we discuss cases, sometimes topics related to our clients and sometimes we just discuss what is on our hearts.

- 2. Individual consultation:** Collaborative members receive a reduced fee for individual consultation sessions when desired. I charge \$200 instead of \$250 and will reduce the rate lower if that is prohibitive for you.
- 3. Certified Eating Disorders Consultation:** You can use the group and individual consultations to fulfill your IAEDP certification if you are working on becoming certified as a CEDS.
- 4. Follow up to share resources:** Each month I follow up the group collaborative meetings with a newsletter sharing what we learned as well as resources that were offered from me and by members during the meetings. This way you can learn and stay connected even if you miss a session.

#### **Prerequisites to join:**

You have completed (or are in the process of completing):

1. *The Be Body Positive Fundamentals*
2. *Positive Embodiment: Applying Niva Piran's Developmental Theory of Embodiment to Clinical Practice.*
3. You have purchased one of the *Be Body Positive Model in Clinical Practice Guidebooks* and are ready to begin to implement the practices in clinical sessions.
4. You have scheduled one individual consultation session with me to discuss your professional goals.



**Cost:**

Membership in the collaborative is \$98 per month, billed on the first of the month to your credit card. I charge all members each month, even if you do not attend the collaborative meeting. Please talk to me if this monthly fee is an obstacle for you. I can accommodate your budget

**Cancellation policy:**

You may cancel your membership at any time. Please notify me before the first of the month you wish to cancel.

**Collaborative Meeting Location:**

Topic: Big Hearted Collaborative Meeting

Join Zoom Meeting (this is a recurring Zoom room for every month)

<https://us02web.zoom.us/j/83990324723?pwd=QnlVamtJbEZJNUtxUEtVc3lFZ2VmZz09>

**2024 dates for the Collaborative Group Meetings.  
(They take place on the second week of each month. )****Wednesday Case Conferences:**

**Time: 4:00 to 5:30 P.M. Pacific Standard Time**

December 13, 2023

January 10, 2024

February 7, 2024

March 13, 2024

April 10, 2024

May 8, 2024

June 12, 2024

July 10, 2024

August 7, 2024

September 11, 2024

October 9, 2024

November 13, 2024

December 11, 2024

**Thursday Case Conferences:**

**Time: 9 to 10:30 A.M. Pacific Standard Time**

December 14, 2023

January 11, 2024

February 8, 2024

March 14, 2024

April 11, 2024

May 9, 2024

June 13, 2024

July 11, 2024

August 8, 2024

September 12, 2024

October 10, 2024

November 14, 2024

December 12, 2024



**For questions:**

Please contact me by email at: [escottlcsw@gmail.com](mailto:escottlcsw@gmail.com) or phone: 415-456-8007

**About Elizabeth Scott:**

Elizabeth Scott LCSW, CEDS-S, is an educator and psychotherapist whose work focuses on the intersection of embodiment, social justice, and mindfulness. As Co-Founder and Director of Training for the Body Positive, Elizabeth instructs treatment professionals, educators, and students to use the Be Body Positive prevention model to end eating disorders and promote joyful embodiment. Elizabeth is a Certified Eating Disorders Specialist and iaedp<sup>TM</sup> Approved Supervisor (CEDS-S). She studies Thai Forest and Pure Land Buddhism and lives in the San Francisco Bay Area.

