



**LIVE VIRTUAL SYMPOSIUM  
JULY 8-12, 2020**

**A3 – Q&A Addressing Nutrition-Related Conversations - Leslie P. Schilling**

Q – What is the authors name for the "Body Keeps the Score"?

A – *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma by Bessel van der Kolk M.D.*

Comment: Thank you so much-- I am going to change how I do things. Thank you for the information.

Q – What is a resource to find a registered dietician in our area?

A – *You can search RDs in your area by looking on <https://www.eatright.org/find-an-expert> but not all RDs are members. Search for those who understand intuitive eating and disordered eating. You can find Intuitive Eating Certified Health Professionals by searching here <https://www.intuitiveeating.org/certified-counselors/>.*