
LONDON CENTRE FOR INTUITIVE EATING

This is to certify that

ANNA TROJANOWSKA

.....

Has completed a 6-hour course on

Nutrition Counselling In Practice

Modules Covered

Foundations for Health Promotion
Self Care Toolkit & Self Compassion
Weight Stigma in Practice
Body Compassion
Applying ACT & CBT
Eating Disorders

Laura Thomas PhD, RNutr.
COURSE DIRECTOR