



FRANCESCA

Embodied Eating Disorder Recovery Coach, Mindful
Movement Facilitator, and Integration Guide

rose

FRANCESCA ROSE MEDIA KIT 2022

for media enquiring please contact hello@francescaeatsroses.com

<https://www.francescaeatsroses.com>

"In a culture of sticky societal standards of perfection and external appearance, reconnecting with the inner wisdom of our bodies is a revolutionary and courageous act, and I believe psychedelics and sacred plant medicines are here to help us do that."

- Francesca Rose



FRANCESCO rose

Navigating over 14 years of my own eating disorder recovery. I weave embodied eating disorder recovery frameworks, sacred plant medicine teachings, trauma-informed integrative somatic coaching modalities, and my life experience into a compassionate approach to food and body recovery.

Through 1:1 coaching, support groups, and microdosing programs, I support individuals on their path to find peace with food and freedom in their body, by mindfully exploring the wisdom of sacred plant medicine, somatic awareness, and conscious movement to foster emotional regulation, self-acceptance, and inner transformation.

I am an Addiction Recovery and Psychospiritual Integration coach, certified by Being True To You, yoga teacher and conscious dance facilitator, and have completed the Level I training for eating disorders with the Embodied Recovery Institute. To see my credentials [head here](#).

WHY WE SHOULD BE SPEAKING ABOUT THIS

3.4% - 7.8%

Global eating disorder prevalence increase from 2000 - 2018.
(The American Journal of Clinical Nutrition. 2019).

This 2020 study shares that the COVID-19 pandemic has created a global context that has led to increased eating disorder risks and symptoms, and exacerbated barriers to care. However, we don't actually know just how many people live with eating disorders, as many cases are unreported, undetected, or hidden in fear or shame.

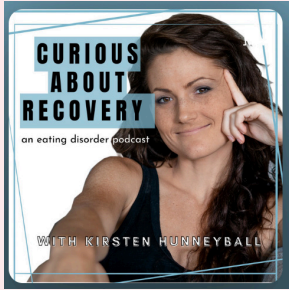
In a time where we feel more separated than ever, it is imperative that we think outside of the box so we can uncover new solutions to the complex individual and collective challenges we face to bring us back home to the wisdom and medicine within.

As eating disorder numbers keep rising, research into how psychedelics can support addiction recovery, depression, anxiety, and trauma healing are coming to the fore. Eating disorders, similar in quality to addictions, often go hand with trauma, anxiety, and depression. Research studies into psychedelics and eating disorders are currently underway around the world, and are already reporting how individuals are experiencing increased feelings of inner connection and wholeness - both of which are hallmarks of recovery.

AREAS OF INTEREST AND EXPERIENCE (POTENTIAL TOPICS TO DISCUSS)

- How psychedelics can help you reconnect with your body
- Why we can't talk our way out of an eating disorder: Recovery as an embodied process
- Plant medicine as allies to support individuals to trust in their core self and the medicine within
- How the body is a resource and the many ways in which it can be resourced for healing
- Microdosing for eating disorder recovery and supporting individuals on the path of transformation
- Set and setting: The importance of safety to heal eating disorders
- From the bottom-up: Why nervous system regulation is needed to break the cycle of eating disorders
- The wound of separation: The prevalence of eating disorders in a post-Covid world
- Mindful movement as a tool for deepening into embodied presence
- How to prepare, navigate and integrate a psychedelic experience for people healing from disordered eating
- Changing the collective nervous system: Stepping out of diet culture and into intuitive eating
- Envisioning a world without eating disorders

LISTEN TO FEATURED INTERVIEWS



EP 10_ Plant Medicine for Eating Disorders - Francesca Rose

Listen to my conversation about embodied eating disorder recovery, the role of plant medicines in the recovery process, the importance of creating safe containers for psychedelic experiences, and more



EP 12_ Francesca Rose - Eating Disorder Recovery Basics

This interview is a great start for anyone new to recovery or who may be supporting someone on the eating disorder healing path. We talk about what eating disorders are, recovery pathways, and how to create change.



The Big Eating Disorder Episode_ Francesca Rose

Listen to this heartfelt conversation on eating disorders and the similarities with other addictions, how to engage in the recovery process, microdosing and plant medicine for healing and transformation.

TESTIMONIALS

“

Francesca has been gently placing me back in my body and showing me how my body is the greatest resource in healing...

...Francesca is wise, insightful, gentle, and powerful, and she begins with the assumption that I have the answers, coax's my knowing and wisdom out of me, and places it on my lap...

...Francesca's open, loving presence and compassion creates a powerfully fertile space for healing to occur....

...Francesca has the kindest, most gentle, loving spirit that creates such a safe space for healing. She accesses her own deep wisdom to provide intuitive and creative guidance and support...

...Everything I had been manifesting in the last couple of months has come to fruition with Francesca's reflective, intentional, and enlightening approach to trauma and eating recovery. I have had more breakthroughs in the last few weeks than in 10 years of traditional therapy...

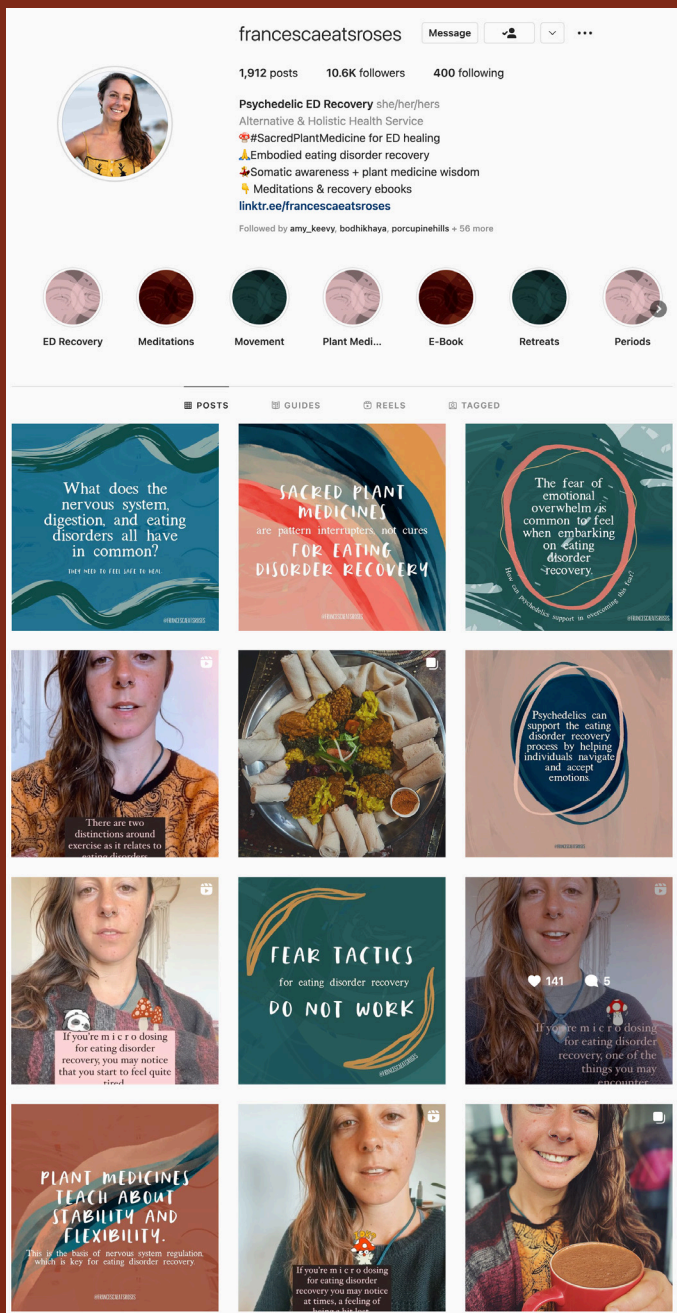
...Francesca and I didn't only work with the mind but also with the body and the soul which gave me a better understanding and acknowledgement of how both can be powerful resources...

”



Francesca is a wonderful speaker who communicates with grounded wisdom, clarity and from a space of deep knowing. She is able to hold space with presence and love while always responding with care and compassion. I know Francesca would be a wonderful addition to any program, podcast or speaking engagement as her beautiful voice carries with such strength.

- Amy Rossi @messages_from_the_medicine



10.6 K Followers

Top Locations:



Age Range:



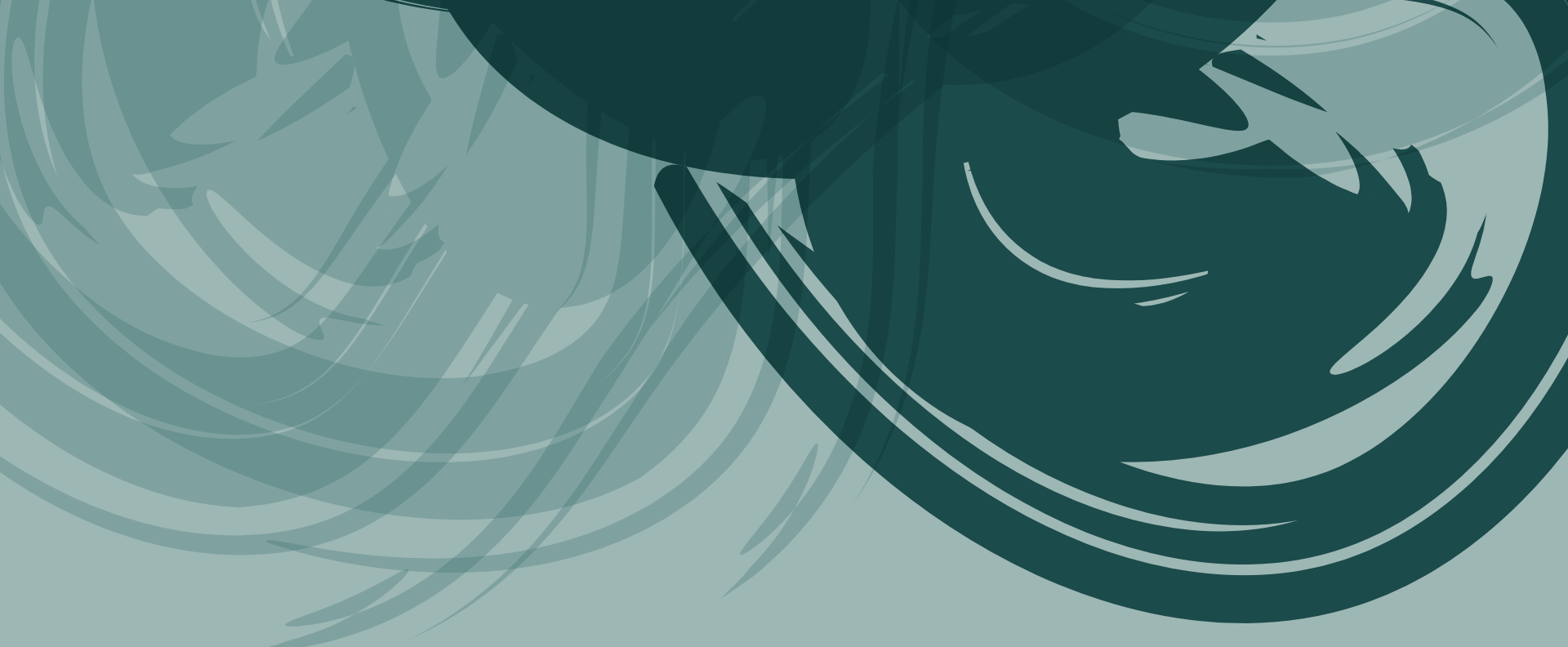
Gender:

82.1%
Female

17.8%
Male



May you trust in your core self
and embody the medicine within.
Celebrating you and your body
of work.



For media inquiries or to book Francesca Rose to speak at your next event,
please contact hello@francescaeatsroses.com

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