

STORIES OF STRENGTH:

Finding Connection During the Journey to Food Freedom

We're looking for parents to take part in a research study about maintaining connection during their journey of supporting a loved one through to Food Freedom from a restrictive eating disorder.

What's Involved?

- A confidential one-on-one interview (90 minutes).
- You can choose to do the interview in person or over Zoom.
- Reflection on your personal journey, your relationship with your child, and the tools that helped you stay connected.
- Share what has been most meaningful during this stage of your child's recovery.

Who Can Participate?

- Parents who have supported their adolescents (aged 12–20 at the time of illness) through a restrictive eating disorder to recovery.*
- Are willing to share their story and reflections on the experience of supporting their child through to recovery.*

Why Participate?

Share your strength: Your story may help others who are navigating similar challenges.

Help us learn: Contribute to research focused on supporting families during recovery, not just focusing on the eating disorder itself.

****Recovery: The definition of recovery for this research project is reclaiming physical health, living with the ability to nourish your body without fear, guilt or rigid rules i.e. living with Food Freedom***

Interested in Participating?

Please contact me to learn more or sign up:

Email: mand295@auckland.ac.nz