

COLLEEN PERRY

(310) 259-8970

1247 7th St. Suite 300, Santa Monica, CA 90401

As a Los Angeles based expert in eating disorders and relationship counseling, Colleen Perry helps people overcome their obstacles in order to become clear of the limiting beliefs and underlying physiology that have blocked their minds from functioning optimally. Using a combination of talk therapy, somatic interweaves and neurofeedback, she has helped her clients to discover their true self- free from misleading media-hyped images that abound today. She is a licensed psychotherapist focusing on treatment and prevention of eating disorders, body image issues, trauma, anxiety, self- injury behaviors, depression, spiritual exploration, sexuality issues and life transitions. Her clients include adolescent and teenage girls, women, men and families. Colleen's practice also includes treating professional athletes concerned with diet and performance enhancement.

Colleen has presented and provided facilitation to a wide range of professionals including psychiatrists, psychologists, psychotherapists, oncologists, neonatologists, medical residents, pediatricians, dieticians, nurses and medical staff at a variety of different hospitals. Her most requested topics have included: 'Neurofeedback: An Ideal Adjunct Therapy in the Treatment of Eating Disorders', 'The Dangers of Dieting', 'How to Recognize an Eating Disorder', 'Cultural Drive for Thinness', 'Recognizing and Treating Self Injurious Behavior' and 'The Media's Influence on Body Image'.

Education

- National University M.A. Counseling Psychology graduated with Honors
- Boston College 1983-1987 B.A. Political Science
- Non-Violent Communication Training and Coaching with Bill Stierle 2003- present
- Herrmann Brain Dominance Model with Bill Stierle 2003- present

Professional Positions

Current Private Practice:

- Licensed psychotherapist focusing on treatment and prevention of eating disorders, body image issues, PTSD, depression, anxiety, spiritual exploration, sexual issues, relationship issues, self- injurious behaviors, sports performance enhancement, grief and loss work, and life transition issues. Treating adolescent and teenage girls, women, men and families.
- Neurofeedback training, also known as EEG Biofeedback for the treatment of ADD, ADHD as well as the issues listed above.
- Founder, Through the Looking Glass: a support program for eating disorders and body image issues. Through the Looking Glass has helped those suffering from Eating Disorders gain the education and awareness needed to use the practical tools offered in group to regain control over their lives and to live with a newfound physical, emotional and spiritual freedom that was once eliminated by the eating disorder.

Prior:

- Mead Johnson Nutritionals: Territory Sales Manager- responsible for pharmaceutical and nutritional sales to private physicians: internal medicine, pediatricians, oncologists, Ob Gyns, infectious disease specialists, and general practitioners, as well as institutions, pharmacies and hospitals, including Cedars-Sinai Medical center, UCLA Santa Monica Medical Center, St. John's Hospital, Centinela Hospital, Daniel Freeman Hospital, Midway Hospital, Brotman Medical Center, Century City Hospital, and King Drew Hospital.
- Ben & Jerry's of CA: Director of Management Training for Southern California. Developed and Implemented sales and management training as well as customer service protocols for 15 California stores.

Professional Presentations:

- Psychologists
- Oncologists
- Medical Residents
- Dieticians
- Purchasing Departments and medical staff at various hospitals.
- Psychotherapists
- Neonatologists
- Pediatricians
- Nurses

Speaking Topics:

- “Neurofeedback: An Ideal Adjunct Therapy for the Treatment of Eating Disorders”
- “A Needs Based Approach in Treating Eating Disorders”
- “Craving Perfection: Media’s Effect on Body Image, Identity Issues, and Eating Disorders.”
- “How to Recognize an Eating Disorder”
- “The Dangers of Dieting and Self Injurious Behavior (cutting).”
- “The Medical Importance of DHA and RNA in the Newborn Diet”
- “Medical Nutrition Therapy and Improved Outcomes in Oncology and Auto-Immune Deficient Patients”
- “Treating GI Reflux in Newborns with Nutrition Therapy”
- “The Benefits To Brain Development and Eyesight from Docosahexaenoic Acid and Arachidonic Acid in Term and Preterm Infants”

Professional Speaking Engagements

- Featured speaker: The International Association of Eating Disorder Professionals (iaedp) quarterly luncheon on Neurofeedback
- Featured Speaker: Del Amo Hospital Presents “Eating Disorders: Focus on Symptomology and Treatment”
 - “Needs Communication as an Effective Tool in Treating Eating Disorders”
 - “Craving Perfection” The Use of Media Images with Clients to Treat Eating Disorders”
- Guest Expert for the Larry Elder Show
 - “Teens Being Verbally Abused by Family Members for Being Overweight”
- Featured guest on Shrink Rap radio show on KCSN 88.5 Los Angeles
 - “The Dangers of Dieting and Eating Disorder Awareness”
- Guest panelist for SGI USA Soka Gakkai International USA
 - Eating Disorder education
- Olympic Academy, Los Angeles, CA
 - How to Recognize an Eating Disorder, Self-Injurious Behavior
- Marymount High School, Brentwood, CA
 - The Dangers of Dieting, How to Recognize an Eating Disorder, Cultural Drive for Thinness, Media’s Influence on Body Image
- Guest Panelist for the *Thin Line*, Marymount High School, and Notre Dame Academy. The Thin Line is a one woman show on the devastating effects of eating disorders.
 - Invited as an expert in eating disorders to answer questions from students and parents after viewing the play.

Training, Practica and Internship:

- Project Touch, Hermosa Beach, CA; trainee, MFT intern, 1998-2002.
 - Provided group counseling, mentorship, leadership training, and life skills training to At- Risk Teens in the South Bay Area.
 - Project Touch is a non-profit organization serving multiple schools systems helping teens improve social skills, educational goals, requirements of probation, teens suffering from abuse, and those in transition between foster homes.
- Airport Marina Counseling Center, Los Angeles, CA: MFT intern,
 - Non profit, community –based clinic serving the mental health of the area residents.
 - Treated individuals, couples, and families for depression, anxiety, drug addiction, court/ probation issues, anger management, and relationship issues.

Professional Affiliations

- iaedp LA Board of Directors: Media Chairperson
- NEDA: National Eating Disorder Association

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- CAMFT: California Association of Marriage and Family Therapists

Awards

- “Accent on Excellence Sales Award; 1998-1999”
- “La Costa sales recognition award; 1997”
- “Ranked # 1 sales representative in the district; 2000”