



## **Nutrition Counselor - Eating Disorder Day Program**

Liberating Jasper, 535 Dock Street, Suite 104, Tacoma, WA 98402

Contact Alex McKee, Nutrition Director for questions or to apply -  
alex@liberatingjasper.com

The **Nutrition Counselor** is part of an integrated team of providers - along with mental health therapists, support staff, interns, and facility staff - who are responsible for providing the most healing and inclusive standard of care for clients. The nutrition counselor provides one-on-one nutrition counseling, family nutrition counseling, therapeutic meal support, and facilitates nutrition and body focused groups. The nutrition counselor is a vital member of the day programming healing community in upholding Liberating Jasper's core values, including anti-racism, anti-oppression, trauma-informed, and compassionate eating disorder care.

This is a **full-time** position that will start at 24 hours per week and increase from there. Benefits at 24+ hours per week include: medical, dental, vision insurance, paid time off, paid holidays, and retirement benefits with employer matching.

Applicants with underrepresented identities in the nutrition and eating disorder fields are strongly encouraged to apply.

### **Responsibilities**

- Conducts initial nutrition intake assessment upon admit and introduces clients to community nutrition philosophies and values
- Meets with client upon admit to establish therapeutic rapport
- Conducts initial, weekly, and discharge sessions with clients centering individualized and personal eating disorder care and healing
- Creates nourishment guides based on client's unique needs and recovery

- Identifies weekly treatment intentions and communicates to the integrated team relative to individual client needs
- Facilitates therapeutic meals and provides intentional redirection and support as needed
- Facilitates weekly nutrition groups covering relationship to food, body, and movement
  - Group examples: weight stigma and HAES research, divesting from diet culture, body oppression & body liberation, attuned eating, reclaiming joyful movement
- Makes appropriate changes to nourishment guides from a Health at Every Size and flexible approach
- Communicates with referring and/or outpatient dietitian upon admit, during course of treatment as needed, and upon discharge
- Communicates with client's doctor, as needed, regarding any medical problems that may require dietary intervention; communicates with client's psychiatrist when applicable
- Serves as part of the nutrition team that oversees menu development, food safety, and kitchen experientials

#### Candidate Must-Haves:

- Licensed registered dietitian or certified nutritionist in Washington state, or has ability to obtain licensure upon hire
- Eating disorder, anti-diet, anti-oppression, Health at Every Size experience and values

Liberating Jasper provides a compassionate healing community for those searching to heal their relationship with food and body. Our offerings include eating disorder day programming, outpatient services, support groups, and retreats for those on the spectrum of disordered eating and body distress. We seek to inspire, liberate, uplift, and hold space for the voices of those that have been silenced for too long.

Liberating Jasper's day program was developed by a team of providers who specialize in eating disorder treatment from a radically different, trauma-informed, anti-oppression, and anti-racist lens. Building on the tenants of Health at Every Size (HAES) and Body Trust, our program offers a unique, integrated, and personalized approach to recovery for individuals experiencing disordered eating and body distress.

**[www.liberatingjasper.com](http://www.liberatingjasper.com)**