

elevate your next event with mary dobson

LICENSED MARRIAGE & FAMILY THERAPIST, CERTIFIED EATING
DISORDER SPECIALIST, AUTHOR & MOTIVATIONAL KEYNOTE SPEAKER



meet mary dobson, lmft, ceds

Mary Dobson is a Fairfield County, CT-based therapist and certified eating disorder specialist, writer, news contributor and community organizer. Mary is also the creator and executive director of LIFT Wellness Group, a full-service group behavioral health practice.

Ms. Dobson began her career in research as a part of the CT Women's Health Project at Yale University. She received her masters in Marriage and Family Therapy from Fairfield University. She is among the first in the country to obtain a unique post-graduate certification in the provision of family-focused school based mental health services. Ms. Dobson is also one of a few select practitioners certified as an eating disorder treatment expert through the International Association of Eating Disorder Professionals.

areas of expertise

- ▶ eating disorders
- ▶ body image
- ▶ fad diets
- ▶ nutrition
- ▶ social media
- ▶ teen trends
- ▶ mental health
- ▶ anxiety
- ▶ parenting
- ▶ self-esteem
- ▶ narcissism
- ▶ marriage
- ▶ perfectionism
- ▶ pressure
- ▶ academics/kids
- ▶ career issues

on relationships

We are all so different, yet so fundamentally the same in this regard. We crave a partner who will see us, validate us, and walk with us through life. Many of us already have this, and yet we find ourselves at war. We want and need love, yet we so subtly sabotage ourselves. Mindfulness of this pattern is an essential first step towards overcoming barriers to a loving relationship that can withstand conflict and even engage in conflict in a harmonious, connected way.

on disordered eating

Eating is a family affair. Children and adolescents take cues about food from parents, loved ones and peers. Often the entire family is in need of a reassessment of eating patterns. Our culture is obsessed with food: simultaneously glorifying and demonizing it. We must learn to break free of the yo-yo of extreme eating and exercise behaviors, while finding balance and enjoyment in food, and love for our bodies.

on narcissism

We live in a competitive age, and people have been socialized to market their personal brand to a large audience for career, for potential matchmaking, dating and mating, and even for social position for their children. This behavior, though it is an often unfortunate relic of our time, is not categorizable as narcissistic personality disorder, but rather a signpost of the era of technology we currently occupy. We can recognize narcissistic traits in others, but we cannot diagnose a person (or ourselves) based on traits alone.

book mary for your event

Mary Dobson is available for public speaking engagements and facilitates interactive live assemblies and webinars.
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