



NOT BORING CE'S
CONTINUING EDUCATION
FOR THERAPISTS

Aislinn Burke

Aislinn Burke, LMFT, CEDS-S, is a dynamic therapist dedicated to challenging diet culture and anti-fat bias. With a Master's in Marriage and Family Therapy and extensive experience in youth mental health and eating disorder treatment, she opened her own practice in 2019. Aislinn thrives on mentoring fellow clinicians and helping clients navigate the complexities of eating disorders.



Courses

Cupcakes, Kale, & Clinical Insight

Resources

- Intuitive Eating: Tribole, E., & Resch, E. (2020). *Intuitive eating: A revolutionary anti-diet approach* (4th ed.). St. Martin's Essentials. Guidelines for Electronic Practice in Art Therapy - Nicole Le Bihan
- Sick Enough: Gaudiani, J. L. (2018). *Sick enough: A guide to the medical complications of eating disorders*. Routledge.
- You Just Need to Lose Weight and 19 Other Myths About Fat People: Gordon, A. (2023). *"You just need to lose weight": And 19 other myths about fat people*. Beacon Press.
- What We Don't Talk About When We Talk About Fat: Gordon, A. (2020). *What we don't talk about when we talk about fat*. Beacon Press.
- Health at Every Size (HAES) (Organization citation): Association for Size Diversity and Health (ASDAH). (n.d.). *Health at Every Size® principles*. <https://asdah.org/health-at-every-size-haes-approach/>
- Anti-Diet: Harrison, C. (2019). *Anti-diet: Reclaim your time, money, well-being, and happiness through intuitive eating*. Little, Brown Spark.