

Dr. Ebony

LICENSED PSYCHOLOGIST + FOOD
RELATIONSHIP STRATEGIST

DREBONY.COM
INFO@DREBONY.COM
THE CENTER FOR CREATING CHANGE, LLC



MEET DR. EBONY

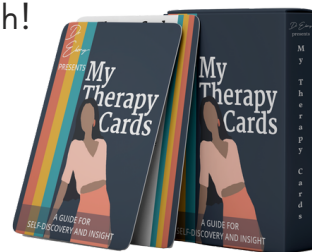
DR. EBONY AS A THERAPIST

As a licensed psychologist, Dr. Ebony uses her expertise to help Black women and other women of color survivors thrive in trauma recovery. Blending systems and trauma informed interventions with culture-focused interventions, Dr. Ebony helps clients work through a variety of issues related to depression, anxiety, and other stress responses. A large part of her work consists of guiding Black women and other women of color to develop skills that increase their effectiveness in self-care, self-discovery, and interpersonal interactions, including communicating and asking for what they want and need. In her practice, Dr. Ebony utilizes a range of techniques such as mindfulness, meditation, cognitive-behavioral theory, exposure theory, and acceptance to help clients understand and work through emotional difficulties within a range of contexts.

DR. EBONY AS AN INNOVATOR

Dr. Ebony is the creator of **My Therapy Cards**[®], the first card deck of its kind! With over 11K products sold, this collection has been carefully curated with the specific intention of helping Black women, girls, and men grow and elevate in the areas of emotional and mental health!

[MYTHERAPYCARDS.SHOP](https://mytherapycards.shop)



MEET DR. EBONY

DR. EBONY AS A FOOD RELATIONSHIP STRATEGIST

Dr. Ebony's work as a Food Relationship Strategist is rooted in providing education, tools, and skills for building a healthier relationship with food. Clients and orgs work with Dr. Ebony to better understand the adverse impact of diet culture on our relationships with food. Dr. Ebony speaks and creates coaching programs to address cultural and societal messages that have historically made it difficult for women of color to feel empowered enough to trust that they can care for their own bodies.

In working with Dr. Ebony, people are able to regain control of their health and body narratives while also feeling empowered to create health on their own terms! By intentionally rejecting practices based on diet culture and rules, Dr. Ebony teaches us how to regain control of our bodies, health, and relationship with food in ways that allow us to break free from those cultural and societal messages that no longer serve us and our legacies.

Dr. Ebony is primarily interested in teaching about this topic within the context of speaking engagements, consulting, program development, and coaching programs.

DREBONY.COM

CONNECT WITH DR. EBONY

DR. EBONY AS AN AUTHOR AND PODCAST HOST

Dr. Ebony is the author of the podcast, **Food is Not Bae**. The podcast serve as platforms where Dr. Ebony can further teach and engage with listeners around issues that impact their relationship with food and their bodies.

DR. EBONY AS A SPEAKER AND CONSULTANT

Dr. Ebony serves as a speaker on topics related to identity development, trauma recovery, self-care, mental health in the black community, relationships with food, and body image. In her role as a consultant, Dr. Ebony strategizes with companies and organizations on how to bring and build mental health and food relationship programs for their staff and employees.

ENGAGE WITH DR. EBONY

- Email: info@drebony.com
- Website: www.drebony.com
- Social Media: [@drebonyonline](https://www.instagram.com/drebonyonline)
- Mailing Address: PO Box 41018, Austin, TX 78704