

# Hilary Kinavey, MS, LPC

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## PROFESSIONAL EXPERIENCE

### Clinical

*Be Nourished* Portland, OR 2001-present  
**Individual, Couple, Family & Group Therapist**

- Co-founded Be Nourished with Dana Sturtevant, MS, RD
- Provide mental health counseling for individual, couples, families and groups.
- Develop, implement and evaluate curriculum for wellness programs regarding disordered eating and body image.
- Utilize a multi-disciplinary team treatment approach.
- Developed the Be Nourished Training Institute and the Certified Body Trust Provider training program
- Certified Daring Way Facilitator
- Licensed Professional Counselor in Oregon
- Additional training in designing and leading transformational workshops

#### **Specialize in:**

Group Work, Grief/Loss, Eating Disorders, Body Image and Acceptance, Feminist approaches, Mindfulness Approaches, Trauma/Recovery, Depression/Anxiety, Family and Couple therapy, PTSD, LGBT issues, Motivational Interviewing, Harm Reduction, Social Justice, Trauma-informed care

*Portland Health and Wellness* Portland, OR 2004-2006  
**Primary Mental Health Counselor**

- Provided mental health and addictions counseling to clients in multi-disciplinary clinic specializing in eating and weight related concerns.
- Co-developed, implemented and facilitated a unique year long intervention designed to treat the emotional roots of disordered eating patterns and introduce motivational approaches to approach health behavior changes.

*Washington County Center for Victim Services* Hillsboro, OR 2005-2006  
**Mental Health Specialist**

- Provided out-patient individual, couple, family and group treatment to victims of crime
- Facilitated a group for stalking victims.
- Coordinated victim contacts for domestic violence deferred sentencing program.
- Mentored counseling interns.

*Multnomah County DCHS: Kaleidoscope Program* Portland, OR 2001-2002  
**Mental Health Consultant**

- Conducted mental health assessment of children and adolescents for state DHS offices and county primary health clinics.
- Provided mental health consultation to DHS caseworkers and to primary health care practitioners as needed.

*Protocall Services, Inc.* Portland, OR 2001-2002

### **Clinical Specialist III**

- Clinical Specialist III Provided telephone crisis triage and intervention and critical incident stress debriefing for national hotlines and employee assistance programs.
- Provided crisis response to individuals involved in 9/11 events.

*Outside In*

Portland, OR

1999-2001

#### **Service Coordinator**

- Provided mental health counseling, triage, assessment and case management to homeless youth population.
- Specialized in serving the needs of homeless and pregnant adolescents.
- Coordinated medical and housing services for clientele.
- Provided short and long-term counseling and case management.
- Trained in harm reduction approaches.
- Responsible for grant reporting.

### **Teaching**

Lewis and Clark College

Portland, OR

2008 - current

*Graduate School of Education and Counseling*

#### **Adjunct Counseling Faculty**

- CPSY 572 - Introduction to Eating Disorders
- CPSY 575 - Treatment Modalities for Eating Disorders
- CPSY 576 - Medical and Physiological Aspects of Eating Disorders
- CPSY 573 - Fat Studies and Health at Every Size®

Humboldt State University

Arcata, CA

1992

Psychology Department

#### **Teacher's Assistant**

- TA for Psychology of Women course for two consecutive terms.
- Assisted professor in planning curriculum and facilitating discussion.

### **Research**

Oregon Research Institute

Salem, OR

2001-2004

VISTA Project

Family Therapist

- Outpatient therapist on a clinical trial of two contrasting interventions for substance abuse disorder treatment: Functional Family Therapy and Cognitive Behavioral Therapy.
- Received intensive training and supervision from grant staff at ORI and University of New Mexico regarding treatment adherence to FFT, CBT and Motivational Interviewing models.
- Maintained videotaped and written records for treatment adherence.

*Portland State University*

Portland, OR

1998-2000

**Lifelong Learning Panel Study**

**Field Interviewer / Research Assistant**

- Conducted in home interviews of research participants
- Administered standardized testing in accordance with research protocols
- Supervisor: Nicole Floyd, MS, MPH

## Professional Presentations

- AED/ICED 2018 in Chicago, IL  
But What if My Client Gets Fat? Research and Clinical Implications of Weight Stigma in Treating Higher-Weight Patients with Eating Disorders (April, 2018)
- The Renfrew Conference in Philadelphia, PA  
Therapy and Activism: From Individual to Collective Healing with Carmen Cool, MA, LPC (November 2017)
- BEDA Conference in Brooklyn, NY  
How Healthism Overshadows Healing: Ethical Consideration in Treatment Planning (November 2017)
- BEDA Conference in Brooklyn, NY  
Strategies to Love Your Work More Than Ever: Practices to Build Resiliency (November 2017)
- Nike Headquarters in Beaverton, OR  
Body Positivity Summit (March, 2017)
- Oregon State University in Corvallis, OR  
Promoting Body Trust in Your Work for Staff and Faculty (March 2017)
- Ophelia's Place "Stronger than you know" Conference in Eugene, OR  
Helping Girls Develop Resilience to Body Shame (February 2017)
- MODA Health in Portland, OR  
Health at Every Size® training for health coaches (February 2017)
- Gut Instinct Symposium in Portland, OR  
Helping without Harming: The benefit of considering relationship with food and body as a variable in treatment planning (October 2016)
- Binge Eating Disorder Association Conference in San Francisco, CA  
Making the Case for Embodied Practitioners (October 2016)
- Association for Size Diversity and Health, Webinar  
How Healthism Overshadows Healing: Ethical Considerations in Treatment Planning (August 2016)
- Woman, Infant, and Children (WIC) in Woodburn, OR  
Health at Every Size® Training (May 2016)
- MODA Health in Portland, OR  
Health at Every Size® Presentation (May 2016)
- Multi-Service Eating Disorders Association Conference in Boston, MA  
Promoting Body Trust in Clinical Practice (May 2016)
- Portland State University in Portland, OR  
HAES® Fat Studies Class Guest Speakers (May 2016)
- 4th Annual International Weight Stigma Conference in Vancouver, BC  
The (Fat) Elephant in the Room: Taking on weight stigma in the eating disorder field (April 2016)
- University of Oregon Counseling Center in Portland, OR  
Promoting Body Trust in Your Work (April 2016)
- Oregon Public Health Association in Portland, OR  
Health at Every Size®: The New Peace Movement (March 2016)
- Puget Sound IAEDP Chapter Meeting in Seattle, WA  
Body Trust Wellness: A Non-Diet Approach to Food, Weight, and Health (February 2016)
- Breitenbush Hot Springs in Detroit, OR  
The Embodied Practitioner: Reclaim Your Own Body Trust (November 2015)

- Center for Hope Eating Disorder Conference Reno, NV  
Promoting Body Trust in Clinical Practice (October 2015)
- Kripalu Center for Yoga & Health in Stockbridge, MA  
The Embodied Practitioner: Reclaim Your Own Body Trust (September 2015)
- American Counseling Association in Orlando, FL  
Strategies and Tools in ED Treatment: A Panel Discussion (March 2015)
- National College of Natural Medicine in Portland, OR  
Helping without Harming: The benefit of considering relationship with food and body as a variable in treatment planning (March 2015)
- Breitenbush Hot Springs in Detroit, OR  
The Embodied Practitioner: Reclaim Your Own Body Trust (November 2014)
- Passionate Nutrition in Seattle, WA  
The Embodied Practitioner: Reclaim Your Own Body Trust (October 2014)
- Olympia IAEDP Chapter in Olympia, WA  
Body Trust Wellness: A Non-Diet Approach to Food, Weight, and Health (October 2014)
- Pacific University in Forest Grove, OR  
Hilary Kinavey on panel with Dr. Linda Bacon for Diversity Day (May 2014)
- Opal Food + Body Wisdom in Seattle, WA  
The Embodied Practitioner: Reclaim Your Own Body Trust (January 2014)
- Willamette Valley IAEDP Chapter Meeting in Portland, OR  
The Embodied Practitioner: Reclaim Your Own Body Trust (December 2013)
- Oregon Public Health Association in Portland, OR  
Health at Every Size® in Clinical Practice (September 2013)
- Health at Every Size, presented at NCNM Grand Rounds, Portland, OR (March, 2011)
- Disordered Eating, Pregnancy and the Changing Pregnant Body, Presented at the American Association of Naturopathic Midwives Conference, Portland, OR (May, 2010)
- Health at Every Size in Clinical Practice. The Association for Women in Psychology Conference, Portland, OR (February, 2010)
- Orthorexia: The Road to Health is Paved with Good Intentions, National College of Naturopathic Medicine Grand Rounds, Portland, OR (January, 2009)
- Nourish Thy Self. Co-interview with Marliese Franklin on Our Neighbor's Table, Women's Radio. (February, 2009)
- Listening to Cravings, AM Northwest television interview, KATU, Portland, OR. (March, 2006)

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<b>Education</b>	<i>Humboldt State University</i>	Arcata, CA	1997
	B.A. in Psychology, minor in Women's Studies		
	<i>Portland State University</i>	Portland, OR	2000
	M.S in Counselor Education, Community focus Graduate Certificate - Marriage, Couples and Family Therapy CACREP accredited		