

“Andrea’s Voice” Presentation Descriptions & Testimonials

Inspirational primer to kick off “Family Week” for treatment centers:

Doris shares what she has learned through her experience with her daughter’s eating disorder (ED) and tragic death. Although the talk allows parents to come to the realization of how deadly these illnesses can be, it is remarkably uplifting. It is filled with hope and possibilities and allows parents to see how they play an integral role in their child’s healing.

“Doris is amazing! She received the highest marks on Avalon Hills’ Family Week evaluations from staff, parents and clients. We will continue to bring her to Avalon Hills!” --Benita Quakenbush-Roberts, PhD, Exec. Dir. Avalon Hills, UT

Educator or Parent Workshops:

As an educator for nearly 25 years, Doris is a master at keeping audiences engaged. Via a myriad of activities participants are introduced to the concepts of Health At Every Size, Intuitive Eating, the important role of media literacy, ED recognition and appropriate responses and prevention on both a personal and campus-wide level. Educators/parents leave these workshops enlightened and empowered to make changes at their school, in their districts and in their homes.

“I was very impressed by this presentation. The mix of activities kept me engaged the whole time.”

“I loved every activity, every exercise, all the interactive opportunities today. Come back to teach us more, build on today’s dialogue, skills, tools, resources. Thank you, Doris!”

“[Your presentation] opened my eyes to the impact of the negative messages we give children about body image. I really learned a lot and was glad I could participate. I will use the information to shape my curriculum in my class and to support my students with body image issues.”

“I learned about ways to change my own behavior and words so they don’t impact my daughter in a negative way.”

Keynotes at Conferences, College Campuses, Organizations & Professional Groups:

As Tom’s professor schedule allows, both he and Doris present their *Andrea’s Voice* formal presentation together. Because Tom’s availability has become more limited, Doris has created talks for various audiences that contain the same level of emotional impact and inspiration for change.

These talks contain a range of complexity, depending on the audience’s needs. They can be anywhere from providing the most basic of information on eating disorders (i.e. contributing factors, warning signs, ways to recognize and respond to EDs, the necessary components of an effective treatment plan) to a more in-depth look at the various roles of professionals, parents and communities. When presenting to coaches and athletes the topics focus on the manifestations in athletes with a special mention of the female athlete triad and male abuse of performance enhancing drugs. When keynoting, the topics range from the story of their family’s experiences to a professional call to action. No matter the topic, their goal is always to transform perspectives by promoting understanding without judgment and clarifying misunderstandings. Through their candid honesty, the Smeltzers reduce the stigma and shame felt by those affected by ED behaviors. Ultimately their message is one of hope and possibilities.

“Thank you so much for your continued dedication to raising awareness about EDs. I attended a presentation you gave at the Renfrew conference several years ago, and your story played a significant role in my decision to focus much of my clinical work on EDs.” --Email received from an MD in Illinois

“It was after your presentation that I realized I couldn’t win, that I might die if I continued on my path ... now four and a half years later ... I am applying to medical school. I just wanted to thank you for spreading your message, and I wanted you to know that I may not have made it to where I am today if you hadn’t come to Amherst to talk to the students.” -- Former Amherst college student

“I am currently doing my residency in psychiatry ... I attended your presentation at the Renfrew Center Conference in Philadelphia. Your story was illuminating to me in many ways and has helped to fuel an interest in learning more about the diagnosis and treatment of eating disorders. In the few months since the conference, I have definitely noticed a change in the way I talk with my patients ... about eating disorders and body image.” --Renfrew Conference attendee