

## **Dr June Alexander Ph.D.**

### **Author, writing mentor & Academy for Eating Disorders Board member, GEELONG**

Dr June Alexander is a foundation member of the National Eating Disorders Collaboration Steering Committee; serves on the Board of Directors of the Academy for Eating Disorders, representing 'Experts by Experience'; and, is involved in other leading eating disorder advocacy organisations.

She is also the author of many life-writing community works, and has a [PhD in the therapeutic value of non-fiction writing in recovery](#). She has written 10 books on eating disorders, including her [memoir](#).

Dr Alexander combines journaling and story-telling expertise with life experience in her role as a mentor for people with eating disorders and other mental health challenges. Her work as a story-telling mentor aims to promote self-healing and self-growth, and also involves collaborating with caregivers and treatment team members in understanding and overcoming difficult moments patients face.

Having developed anorexia nervosa in childhood and comorbid chronic anxiety, post traumatic stress disorder (PTSD) and clinical depression, in adulthood, Dr Alexander understands what it means to experience and manage severe and enduring mental health challenges.

Her story-telling work has achieved global recognition, having clinched the Academy for Eating Disorders' 2016 Meehan-Hartley Advocacy Award for public service and advocacy in the eating disorders field.

Dr Alexander is an advocate for the Eating Disorders Genetics Initiative (EDGI) – the world's largest genetic investigation of eating disorders ever performed, which aims to identify the hundreds of genes that influence a person's risk of developing anorexia nervosa, bulimia nervosa and binge-eating disorder, to improve treatment, and ultimately, save lives.

"I believe that identifying the genes that predispose people to eating disorders will revolutionise future research into causes, treatment and prevention of the illnesses," said Dr Alexander.

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**MEDIA ENQUIRIES: Kirsten Bruce, Mel Kheradi and Holly Hamilton Green  
VIVA! Communications**

T 02 9968 3741 | 02 9968 1604

M 0401 717 566 | M 0421 551 257 | M 0434 789 839

E [kirstenbruce@vivacommunications.com.au](mailto:kirstenbruce@vivacommunications.com.au)

[mel@vivacommunications.com.au](mailto:mel@vivacommunications.com.au)

[holly@vivacommunications.com.au](mailto:holly@vivacommunications.com.au)

