

Amy Pickering is the Registered Dietitian on the University of Saskatchewan Eating Disorder Treatment Team. She is a U of S Alumni and has had the privilege of working at the Student Wellness Centre for the last 10 years. Amy primarily provides one-on-one nutrition counseling for students struggling with disordered eating and strives to practice from a Health at Every Size, client-centered, and trauma informed approach. She also has the pleasure of providing guest lectures, workshops, and groups programming across campus. She has additional experience in private practice, indigenous health, and residential eating disorder programming. Amy is honored to be the first dietitian in Saskatchewan and 5th in Canada to have obtained the Certified Eating Disorder Registered Dietitian (CEDRD) credentials through the International Association for Eating Disorders Professionals. She is also the chair of the Saskatchewan Weight Attitudes and Disordered Eating (SWADE) and the co-chair of BridgePoint Center for Eating Disorders' Board of Directors. She is a life-long learner and is set to complete her Masters in Educational Administration: Leadership in Post-Secondary Education in June 2022.