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FAT PEER

Support

BOOK NOW

Who is iamdaniadriana?

Dani Adriana

Dani Adriana is a 30 year old fat lived experience peer support advocate from Brisbane Queensland, Australia. From a young age Danielle suffered through eating disorders, excessive exercise addictions, depression, horrendous body image, and anxiety.

Her content first started on Instagram in 2013 during her initial stages of eating disorder recovery. She created a supportive community in response to the easily accessible pro-eating disorder content found online.

Since 2013 Dani has expanded her online presence to showcase magical things like fat activism, queerness, mental health awareness, self-care, and body positivity. Dani also creates, facilitates, and holds workshops worldwide around body image, peer support, and community connection.

In 2019 Dani co-created The Body Reconnect Collective with Ashlee Bennett of The Body Image Therapist. Along with the collective's work, Dani is an online content creator, peer support advocate, a champion of lived experience consulting, and community building around body liberation.

In 2021 Dani began studying her Bachelor of Counselling at Griffith University in Brisbane, and is a passionate and dedicated student due to graduate 2024.



What is Peer Support?

Peer Support may be defined as the help and support that people with lived experience of a mental illness, learning disability, addiction, grief, pain or joint other experience/identity are able to give to one another.

What is Fat Peer Support?

Fat Peer Support is a specific support for fat people. It is a type of peer support that allows fat people to have a safe space to discuss the oppression they may experience in their body, their own body image journey, a place to seek peers and validation from others who understand their experience.

"We all deserve support & understanding"

Why am I offering Fat Peer Support?

In my 10 years of being a body image activist and influencer, I have noticed the impact of being visibly fat online and how that has made other fat people feel. During my time creating content so many of my followers have been craving support, understanding, and fat friendship that is 1 on 1. Peer support is different from friendship though, I as your peer support facilitator will help to cheerlead you on your individual journey, drawing upon my long history of self-exploration and healing. Basically, this method of connection means you have someone who is in your corner and who GETS what you're going through and feeling. Not just an Instagram post or a comment thread, Fat Peer Support is a dedicated relationship that supports YOU and meets you where you are right now in your body.

Is Fat Peer Support for you?

Fat Peer Support is for you if you crave

- Making a connection with another fat person who truly understands the nuances of living in your fat body.
- If you have a great support system in your real life but find yourself in situations where people don't understand fat joy, fat hardship, anti-diet culture or body positivity.
- If you would love to talk through your current body acceptance journey with someone who has traversed the lands of self hatred and found body peace.
- If you wish you had a safe space to ask questions, bounce ideas off and feel heard about your body.
- If you want a peer who understands what it is to be fat.
- If you need support, understanding and validation of what it is like to live in your fat body.

Why Fat Peer Support might not be for you (right now)?

Fat Peer Support might not be for you right now if

- You are currently dealing with significant mental health issues and seeing a professional in regards to treatment.
- If you are after specific crisis counselling.
- To unpack trauma that needs to be addressed by a professional.
- If you are currently vulnerable and need support that is dedicated to address significant trauma.
- If you currently feel unable to regulate yourself when triggering conversations occur or if talking about your body ignites negative feelings you are unable to cope with and keep yourself safe around.



Things we can explore

- Fat Dating
- Fat Fashion
- Body Image reflection and understanding
- Roots of Fat Activism
- Discussing current online body image themes
- Fat Friendship
- Talking about your day to day life
- Feeling Understood and Supported
- Cultivating Fat Community

+ SO MUCH MORE!!!!



Fat Peer Support with Dani

Is this an on-going relationship?

It totally can be. I would love to work with you as often as our schedules permit want a 40 minute virtual hang once a week? Can do! Want a check in once a month? We can do that too. I am happy to work with peoples current obligations, schedules and needs to suit what feels good to you.



Things that Dani does not offer

Specific mental health support for those currently needing professional and curated help in regards to eating disorders, mental illness or crisis counselling.

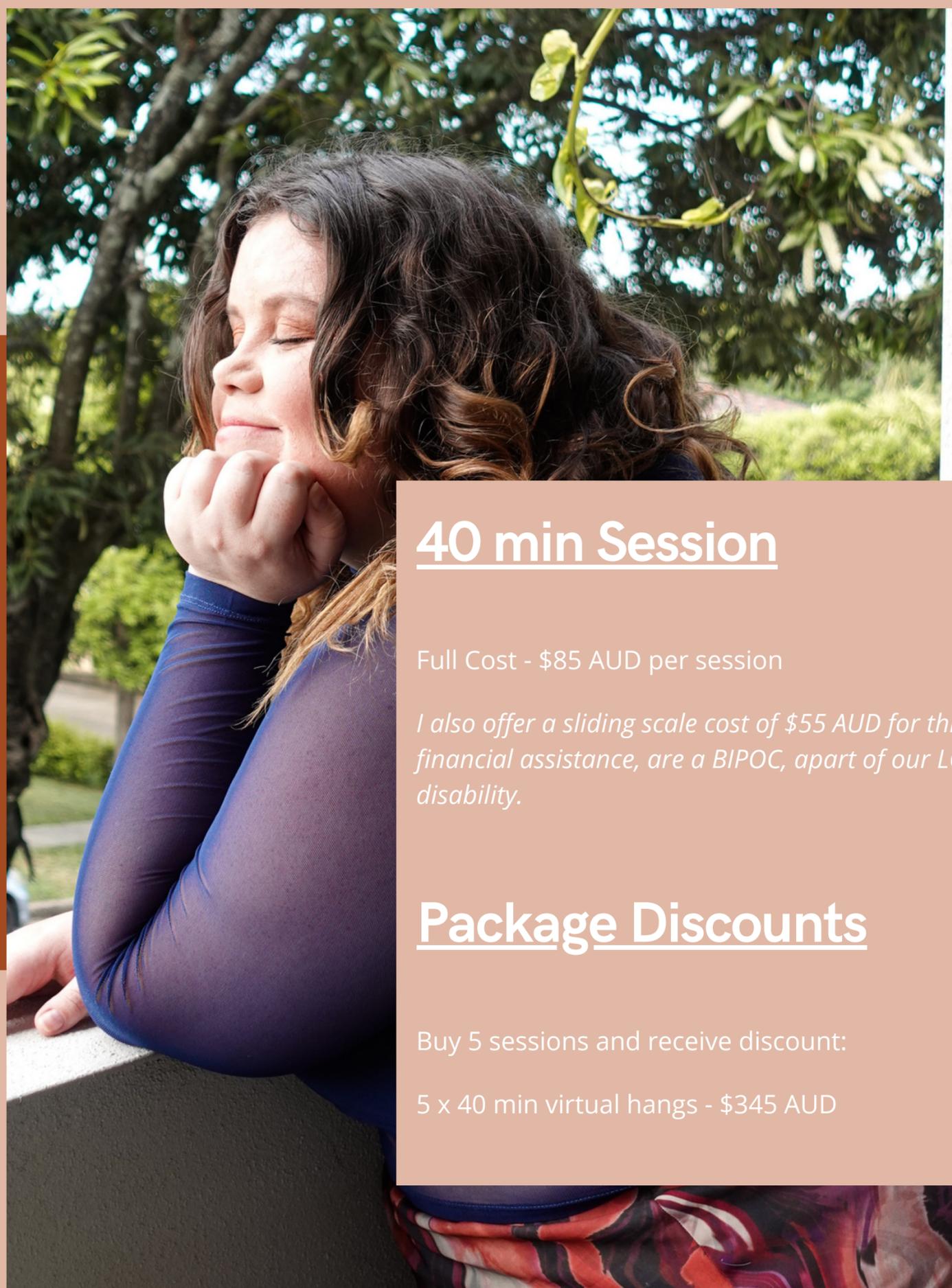


Costs

& Sliding Scale Options

The Initial intake session is 20 mins and at a cost of \$45 AUD.

You must complete an intake session before initiating an on-going below client relationship.



40 min Session

Full Cost - \$85 AUD per session

I also offer a sliding scale cost of \$55 AUD for this service if you require financial assistance, are a BIPOC, apart of our LGBTQIA+ family or have a disability.

Package Discounts

Buy 5 sessions and receive discount:

5 x 40 min virtual hangs - \$345 AUD

The Next Step

Email Dani

Ready to book our initial consult
please email
dani@iamdaniadriana.com



Intake Form

Upon initial booking you will be
sent an intake form please fill out
and return to Dani before your
first session.



First Session

Nervous? Worried? Don't worry
our first session is all about
getting to know each other on a
one on one basis. You are not
required to talk about anything
you don't feel comfortable to.





Got questions?

Still nervous, want more clarification/information? Just send me an email and I'll be happy to chat!

dani@iamdaniadriana.com