

Mtra. Bertha Winterman Hemilson

POSITION

Director of the Body Image Program by Body Project

Responsible for the Direction of the Body Image Program by Body Project, BIP social networks, trainings and implementation of the program. Nutritional consultation in the outpatient program of Comenzar de Nuevo. In addition, she is part of the research team.

ACADEMIC BACKGROUND

Master's degree with honors in Clinical Nutrition at the Universidad del Valle de México. 2023

Bachelor's degree with honors in nutrition at the School of Public Health and Nutrition. 2015-2020.

WORK EXPERIENCE

3 years working at Comenzar de Nuevo A.C. where I have performed various activities such as orientation appointments, social media management, participation in the World Eating Disorders Action Day campaign, counseling appointments to patients with ED, implementation of the Body Image Program by Body Project, organization of events and nutrition consultation to patients suffering from ED in the outpatient program. Part of the organizing committee of the XVII Congreso Hispano Latinoamericano de Trastornos de la Conducta de la Conducta Alimentaria.

CERTIFICATIONS

Certification in mindfulness and mindful eating. Nutritional coaching. 2023

Certification in clinical nutrition. Vive Sano Brazil. 2021

Certification in eating psychology. Vive Sano Brazil. 2021

TCA AND MENTAL HEALTH TRAINING

Master Trainer of the Body Image Program by Body Project. 2022

PUBLICATIONS, RESEARCH ARTICLES, BOOK CHAPTERS, AND OTHER ARTICLES

Eva Trujillo-ChiVacuan, Bertha Winterman-Hemilson, Emilio J. Compte, Guadalupe Rodríguez, Marisol Perez & Carolyn Black Becker (03 Jun 2024): Adaptation and implementation of body project as a universal body image program in Mexico and Latin America, Eating Disorders, DOI: 10.1080/10640266.2024.2360256

Trujillo, E.M., Winterman Hemilson, B., Rodriguez, E.G. (2021). Chapter 1. History of Eating Disorders and a Panorama in Mexico. In E.M. Trujillo, J.R. Arellano & J.R. Comas (Ed.), *Trastornos de la conducta alimentaria: un abordaje práctico*. APM Ediciones y Convenciones de Psiquiatría.

Winterman Hemilson, B., Ramírez López, E., & Medellín Guerrero, A. B. (2021). Effect of seven popular diets on weight and body composition in adults: a systematic review. *RESPYN Revista Salud Pública Y Nutrición*, 20(1), 30-39. <https://doi.org/10.29105/respyn20.1-4>

NATIONAL AND INTERNATIONAL ASSOCIATIONS AND MEMBERSHIPS

Member of the board of Asociación Mexicana de Nutriología (AMENAC), as coordinator of logistics and activities. 2023-2024.

Book reviewer for the Academy of Eating Disorders (AED) and active member.