

Dr. June Alexander Ph.D.

Author, life-writing mentor, blogger, diarist and eating disorder advocate, *GEELONG*

Dr. June Alexander is a National Eating Disorders Collaboration Steering Committee foundation member. She also serves on the National Eating Disorders Strategy Implementation Network (2023-2033), representing people with eating disorder experience, and participates in other leading eating disorder advocacy organisations.

She has authored multiple life-writing community projects, and her book *The Diary Healer, Using Writing as a Therapy for Eating Disorders*, was the creative work in her [PhD](#). She has written 11 books on eating disorders, including her [memoir](#), *A Girl Called Tim*. Two new books, co-authored with leading researchers in Family-Based Treatment and Multi-Family Therapy, are being released globally in 2025. The books feature stories of experience gathered by Dr. Alexander to illustrate the researchers' work. This storytelling approach helps families and health professionals understand evidence-based treatment methods.



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 promotes self-healing and self-growth, and involves collaborating with caregivers and treatment team members in understanding and managing difficult moments patients face.

Having developed anorexia nervosa in childhood and comorbid chronic anxiety, post-traumatic stress disorder (PTSD) and clinical depression in young adulthood, Dr. Alexander understands what it means to experience, manage, and overcome 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. Her eating disorder blog (www.lifestoriesdiary.com/blog) is read worldwide.

Dr. Alexander who battled anorexia nervosa from 11 – 55 years of age is an advocate for the Eating Disorders Genetics Initiative (EDGI) 2 – the largest and most rigorous 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 binge-eating disorder and avoidant resistant food intake disorder to improve treatment, and ultimately, save lives.

"Participating in the first EDGI investigation was one of the proudest moments in my life, knowing I was helping our researchers understand eating disorders and develop improved prevention and treatment approaches.

"I would do anything to help save others from developing this dreadful illness," said Dr. Alexander.

"If you are an adult with eating disorder experience, I encourage you to make your experience count, too, by participating in EDGI2. Participation is easy to do. Reach out today."

To volunteer for the EDGI 2, head to edgi.org.au or email edgi2@qimrberghofer.edu.au.

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To coordinate an interview with Dr. June Alexander, please contact:

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