

# Equiliberty

## Certificate of Attendance

Proudly awarded to

*Shatha Ghaleb Abdabrahman Masharga*

For successfully completing the workshop

**Keys to Handling Emotional Eating**

conducted by Equiliberty Consulting, Switzerland

5 July 2024

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Date

*Katarina Melzer*

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Dr. Katarina Melzer  
Director  
Equiliberty Consulting

## Workshop structure

### Keys to Handling Emotional Eating

- Root causes of emotional eating
- How do adverse life experiences, stress or trauma affect our brain development and functioning?
- How does a traumatized brain behave towards food?
- How to overcome emotional eating?

Equiliberty Consulting is an advisory company established and managed by Dr. Katarina Melzer with the goal of improving individual and societal health management through a science-based, practice-oriented understanding of the effects of nutrition and physical activity on health and body weight regulation. Equiliberty Consulting offers the latest research, expert consulting and customized training to individual customers and clients from academia, government, international organizations, corporations and civil society.

Dr. Katarina Melzer obtained a Doctorate in Life Sciences (University of Lausanne, highest distinction), and two Masters degrees in Food Technology (University of Belgrade) and Human Nutrition (American University of Beirut). She worked closely with some of the most distinguished institutions and experts in the field, published numerous works in renowned journals and contributed to numerous international conferences. Most notably, she developed significant expertise in human nutrition and physiology, including experience in assessing the nutritional status and physical activity patterns of children, pregnant women and elderly persons, both in field assessments (Lebanon and Ethiopia) and clinical settings (University Hospitals of Geneva). Since 2006, she has been serving as faculty member of the European Society for Clinical Nutrition and Metabolism (ESPEN) and Chairperson of ESPEN's Life Long Learning (LLL) program in Nutrition and Energy Metabolism. From 2011 to 2016, she directed the research activities of the Swiss Federal Institute of Sports in the area of energy balance regulation, with a particular emphasis on energy metabolism and substrate utilization, and on the effects of physical activity on health and body weight regulation. Since 2017, she offers her services as an expert consultant to clients from academia, government agencies and industry with a particular focus on translating the latest scientific findings into practical recommendations for achieving desired public health outcomes.