

Morgan Hastings, LGSW, LMSW, LADC

Beyond the Plate: How Trauma and Attachment Shape Our Relationship with Food

About the Speaker

Morgan Hastings is a master's level licensed clinical social worker and addiction counselor serving clients across North Dakota and Minnesota for the last 10 years. As the founder of LiveWell Counseling Services, she focuses on the intersection of mental health, recovery, and whole-person wellness. Known for her no-fluff, relatable perspective, she bridges the gap between mental, emotional, and physical health, helping individuals move from coping to genuine growth.

Session Description

Many nutrition challenges run deeper than knowledge or willpower, they're rooted in our earliest relational experiences and the ways we've learned to seek safety, comfort, and control. Drawing on trauma-informed and attachment-focused frameworks, this session explores how childhood dynamics and past trauma shape eating behaviors across the lifespan. Attendees will gain practical tools to recognize these patterns, use compassionate language, and support clients in building healthier, more attuned relationships with food.

Learning Objectives

At the conclusion of this session, participants will be able to:

- Describe how trauma and different attachment styles can influence eating behaviors and food choices.
- Identify signs that a client's relationship with food may be shaped by emotional or relational trauma.
- Apply trauma-informed strategies to foster safety, agency, and self-compassion in nutrition counseling.