

Frequently Asked Questions about our Body Trust® Certification Program

Will you offer continuing education credits for this training?

We are applying for CEUs with the National Association of Social Workers and the Commission on Dietetic Registration for the 12 monthly live webinars and the 14 online learning modules that are part of the certification program. We are happy to provide you with the documentation needed for you to apply for CEUs with other governing bodies.

Do I need to apply for the program? Are there requirements or prerequisites?

No, we no longer have applications for this program. One of the changes to this program is that it is larger and longer in duration, with more guest teachers and facilitators. We cap the training at 150 participants per cohort. We do ask that people read through our terms of use, which you will see when you begin to register for the program. We will also email some prework to participants prior to the beginning of the program.

Tell me more about your pricing options.

We have recently updated our pricing structure with the intent of making all of our Body Trust courses increasingly accessible for anyone interested in learning about a pathway to reclaim the body that is completely counter to conventional "wisdom" about food, body image, weight, and health.

We have a multi-tiered pricing structure, each with full and equal access to all course materials:

STANDARD PRICING is for those who have sufficient resources and can cover themselves.

EQUITY PRICING is for people with historically marginalized identities and those in need or whose currency and exchange rate make the program inaccessible. Limited currently to 25% of participants.

In addition to having standard and equity pricing, we have 10 low- or no-cost spots in our Certification Program each year for people who are on a limited income and or unable to earn income, or whose currency and exchange rate make the program inaccessible. A form will be available, and we will accept requests for low- and no-cost spots for the first seven days registration is open. Requests will then be reviewed, and we will notify applicants within 3 weeks of submission.



Do you have payment plans?

Yes. There is a deposit required at the time of registration, and the remaining balance can be split into three or six monthly payments. Payment plans of a longer duration are available upon request.

Do you offer group discounts?

We do! We love the prospect of people teaming up to learn and unlearn together. Group discounts are available for colleagues, friends and organizations. To arrange for group registration, please [email us](#).

4-9 people at \$3,200 per person (\$300 discount per person)

10+ people at \$3,000 per person (\$500 discount per person)

What other fees are associated with the training program?

There is the certification training fee (\$2,400-4,000). Consultation with us or a Certified Body Trust Provider is strongly encouraged but not required and will be at additional cost. We provide participants with a list of recommended and required reading so you may choose to budget for books. We have established our [Body Trust Fund](#) to help people in all of our programs purchase books.

Do I have to be a healthcare professional to participate in this training?

No. This training is open to anyone who wants to bring a weight-inclusive framework into their work. We have folks from a wide variety of professions in our certification program: therapists, yoga teachers, nutritionists, coaches, personal trainers, academics and educators, medical professionals, dance instructors, photographers and more! You will find that questions or examples offered to and from participants may speak to clinical work often, but not always.

Am I qualified for this training?

Our program is intended to be different from most. We want it to be multidisciplinary. People come to this training with varied skill sets and knowledge, and we welcome the ways this diversity will deepen our shared understanding of the applications of this work.

We did not create this training as a stand-alone program. Most who attend are enrolled or have completed a training program in another discipline. In some cases, we have participants who are doing advocacy work and want to know more about fat liberation. We acknowledge how those of us with the most “training” often have the most to unlearn.



Who are we? Why train with us?

There are many, many wonderful teachers in the world advocating for a fair, just, and equitable world. We believe our work may speak to many, but not all.



Sirius Bonner is a passionate social justice leader and a noted presenter and facilitator. Sirius' work focuses on the intersections between social justice issues such as racial oppression, reproductive justice, queer rights, health equity, anti-fat bias, educational equity, poverty, sexism, and liberation; recognizing that as we begin to untangle one issue, we can untangle them all. With a background in higher education nonprofits, she is currently an executive in healthcare where she leads equity and inclusion efforts. You can get a better sense of Sirius' work [here](#).

Hilary Kinavey and Dana Sturtevant each have 25 years of experience working as helping professionals. We have sat with and held space for thousands of people in one-on-one work, group spaces, retreat settings, online courses, professional trainings, and conferences. We have been business partners for 16 years, allowing the expression of our work to grow organically and with meaning. We are not slick and glossy but authentic and grounded. We believe in the need to bring social justice and activism conversations into personal healing processes as well as our professional communities. Hilary and Dana have been extensively trained in designing and facilitating transformational workshops. Over the years, they have attended workshops and retreats with Desiree Adaway, Ericka Hines, Nicole Lee, angel Kyodo Williams, Lama Rod Owens, Vikki Reynolds and others. Hilary and Dana's work has been featured in The New York Times, Scientific American, Health, Self, Real Simple, Huffington Post, and on the TEDx stage. Their first book, [Reclaiming Body Trust: A Path to Healing and Liberation](#), will be published by Tarcher Perigee and released August 30, 2022.



Hilary is a licensed professional therapist, coach, educator, trainer and author. She has been practicing weight-inclusive care as a therapist for 23 years and is trained in EMDR, Narrative Exposure Therapy, mind-body coaching and shame resilience theories. She is a student of what it means to be a politicized healer in the therapy world. Most recently she has attended workshops with James-Olivia Chu Hillman and Radical Relating (or The Four Skills) as well as coaching training. Hilary has advocated for weight-inclusive models of care within

healthcare, specializing in the eating disorder treatment field for the last 16 years. She has co-authored two professional papers: [The broken lens: How anti-fat bias in psychotherapy is harming our clients and what to do about it](#) with Carmen Cool and [The normal, improving, and productive self: Unpacking neoliberal governmentality in therapeutic interactions](#) with



Andrea LaMarre, Olga Smoliak, Carmen Cool and Laura Hardt. She is a sought-after consultant and speaker and offers training, supervision and consultation for individuals and organizations.



Dana is a registered dietitian, motivational interviewing trainer and Kripalu yoga teacher whose work has focused on humanizing health care, advancing health equity, and advocating for food and body sovereignty. Since 2002, Dana has traveled around the country training helping professionals in communication and engagement strategies that lead to collaborative conversations about change. As a sought after speaker and writer, Dana is a champion for compassionate, weight-inclusive models of care and offers supervision, training, and consultation for helping professionals and health care organizations.

Dana considers herself a lifelong learner, and has recently participated in Michelle C. Johnson's Anti-Racism Training for People Who Hold Healing Space, Rosie Mensah's Culture, Equity, Diversity and Race in Dietetics (CEDAR) Training, and GRITS, Inc's Food as Resistance Training hosted. In May, she will be attending a training on Neurodiversity Affirming Approaches in Relation to Food and Body.

If you are not familiar with our work, we recommend spending a little time getting to know us to make sure our [Body Trust Framework](#) resonates with you. You can read about Our Process, Commitments & Practices for Justice, Equity & Inclusion [here](#). If you want to experience the work yourself to learn more first, we encourage you to participate in our [No More Weighting: Body Trust® e-course](#), work with one of our beloved [Body Trust Providers](#), or attend a [workshop or retreat](#) with us.

What REALLY makes our program distinct?

In a time when bodies are both targeted and used for currency in health and wellness culture, **Body Trust is a radical revisioning** of what it means to occupy and care for your body. It is a pathway to reclaiming the body, an alternative dialogue to conventional “wisdom” about food, health, body image, and weight in our culture. Body Trust is personal and political. We want to help you connect the dots between social justice and the work of healing.

- This training is the culmination of 25+ years of clinical and teaching experience. Dana and Hilary have spent 16+ years together learning, teaching and fine-tuning their [Body Trust Framework](#), and consider this a lifelong process. We hope the training program strengthens your analysis and saves you the time it takes to learn the incredibly nuanced work of offering and advocating for a weight-inclusive model of care.
- Body Trust is heavily informed by social justice movements, and has been greatly influenced by Niva Piran's Developmental Theory of Embodiment, Bobbie Harro's Cycle of Socialization and Cycle of Liberation, adrienne maree brown's Emergent



Strategy and Pleasure Activism, Black Queer Feminist Thought (Audre Lorde, bell hooks), Desiree Adaway's Liberatory Praxis, Barbara Love's Liberatory Consciousness, The Fat Underground, Health at Every Size® tenets, intuitive eating principles, shame resilience theory, motivational interviewing, self-compassion theory, relational-cultural theory, mindfulness-based approaches, and post-modern therapeutic thought.

- The training program creates space for you to explore your body story. There's a phenomenon in the work where everyone wants this for everybody else while personally struggling to divest from the dominant weight paradigm. We want you to include yourself in the work and therefore emphasize *provider* embodiment. We believe it is not possible to help clients go further than we've allowed ourselves to go. We will encourage you to pause the training, if needed, and allow time for your own healing and reclamation work.
- We focus more on collective health than individual health and do not endorse any particular way of eating.
- You will learn to be more aware of your positionality in your work and how to discuss this with the people and communities you serve.

Am I ready for this?

This program has the potential to trigger you, bring up uncomfortable stuff, and will definitely make you look at your own biases and explore your body story. Personal work is part of the process. We are looking for people who have a good support network, including to help them navigate all that can potentially come up while going through this training.

If you have currently been in intensive inpatient or outpatient treatment for an eating disorder, it may be better to wait to begin this program. Our program is founded on the idea that providers also struggle with eating disorders and have had minimal access to weight inclusive healing approaches. We do not expect perfectly healed people in this program, however, it will likely trigger even the most prepared. We can't wait for you to join the program in the future if it feels wise for you to say *not now*.

Our program takes into account concepts of power, oppression and justice. We'll be investigating how forms of oppression (white supremacy, anti-fat bias, patriarchy, etc) impact us personally and inform our work and relationships. Our time together will center the needs and experiences of marginalized communities. We want this training to be an inclusive space for people with marginalized identities and do not want learning to come from their labor. As facilitators we will model this approach and are looking for people who are committed to managing their discomfort when it arises in the learning process. So we want you to be prepared to participate in these conversations and manage your discomfort.

If you are just learning about racial justice and/or weight-inclusive models of care and consider yourself a beginner, you can [email us](#) for a list of recommended resources and



people to follow on social media to help you prepare you for this training.

What if I'm not a beginner at this?

We expect that you will not be alone. Some come for the community because they feel so isolated in the world. You may be well versed in much of what we present and we believe some training topics, teachers and guest speakers, resources, and/or materials will be expansive for your learning. The intention of this program is to share information and provide structured training with opportunities to explore your own body story and experiences of embodiment. Some stuff may land differently now because of where you currently are in your healing work. We think some questions to ponder are:

- Is this a Hell Yes or just a maybe?
- Are you looking to expand your personal growth and healing process?
- Are you wanting to shake things up and work the edges of your comfort zone?
- Do you want to learn and unlearn in a group with people that are in different stages of awareness and learning?
- Will this further your calling?

What if some of my clients want me to help them lose weight?

Body Trust Providers do not promise, market, sell, or promote weight loss. This is non-negotiable. We meet the complex conversation about weight loss in people who are exploring their beliefs, body story, identities and well-being. We do not condone bait and switch marketing or strategies that minimize or ignore the harm of weight loss conversations in public spaces.

In this program we will discuss and explore how to do this work differently from a place of empathy and while highlighting dignity, respect, liberation and sovereignty in our clients and communities. We encourage a deep exploration of the systems and oppressive thoughts you may be upholding in your work with people based on previous training, internalized fatphobia/thin dominance, ageism, wellness culture, able bodied or white supremacy, etc.

I can't make it to the live webinars. Can I still participate? Will they be recorded?

The webinars will be recorded and available to watch (and rewatch) for two years from the start date of your training. If you would prefer to attend and participate live, we recommend joining us another year. We offer the certification program once a year.

What does it take to become certified?

There are several phases to this training including pre-work, 14+ online learning modules, required reading, and twelve monthly webinars. Consultation with us or a Body Trust Provider



is strongly encouraged but not required. When you have completed all required reading, training modules and webinar recordings, you will apply for certification by writing us a letter as to why you would like to be certified and communicating your readiness to us. A process for this will be shared with you in the program.

How much time will I need to spend each month to complete the Certification Program?

The live monthly webinars are 90 minutes (or you can listen to the recording if unable to attend live). You will also have 14 online learning modules to complete over the course of the year-long training. It takes most people two to four hours to complete each module.

Will I have the opportunity to connect with others outside of our scheduled webinars/meeting times?

We plan to host a few “socials” throughout the year where participants will have the opportunity to meet others in breakout rooms.

We will create a shared group roster for people who would like to make their contact information available and find others to learn and unlearn with.

Once I'm certified, can I offer this training in Body Trust® to other professionals?

No. This training is intended to help you offer this work to your clients and advocate for change within systems and institutions. If we find that having more trainers in our approach would be helpful in the future, we will reach out to our community of certified providers and offer training for trainers. If you have an occasion where you'd like to do a professional presentation on Body Trust, please reach out to check in with us.

What is your cancellation policy?

We do not provide refunds for the Body Trust® Certification Program.

We believe the value of this program will be strengthened by a group of people who feel connected and committed to the training process as a whole.

However, we know life can get life-y, so if you are unable to complete the program, you may contact us and request to defer your enrollment to a future cohort when the program is offered again. If you decide to defer, there will be a \$250-1,000 fee to claim a spot in another cohort. Please note that when you defer, we cannot guarantee and we may not be able to commit to specific future dates.

Have more questions? [Email us.](#)



We offer our Body Trust Certification Program with the deep awareness of critiques made in our field about certifications. As we have been revisioning our program, we have spent more time discussing the yes's and no's of certification, as well as the impact of them, than almost any other topic. We believe certifications are a tricky trap of white supremacy and capitalism. And even though certifications ostensibly support oppressive systems, this trap has a disproportionately negative impact on BIPOC individuals and those with other intersecting marginalized identities who may be shut out of employment opportunities, not receive fair compensation for their labor, have their expertise questioned, or have their voices silenced because they do not have a certification. We have chosen to continue offering our certification program as an option for people who would benefit most from having one, particularly those doing revolutionary work in a capitalist system that is largely transactional when it comes to "expertise" and "credentials."

The truth is, certifications matter and we find that this is a place where the reality about certifications trumps our feelings about them. While we continue to engage in the deeper work of dismantling systems of oppression, it may be that certifications lose their importance. But, until then, we are choosing to give people something tangible to communicate their commitment to learning this weight inclusive model of care. We will continue to ask ourselves questions about certifications and this document will live on our site as a place where we will share our thoughts and analysis over time. We remain dedicated to addressing the presence and impact of white supremacy, dominance and hierarchy in our fields.

Signed,
Sirius Bonner
Hilary Kinavey
Dana Sturtevant

