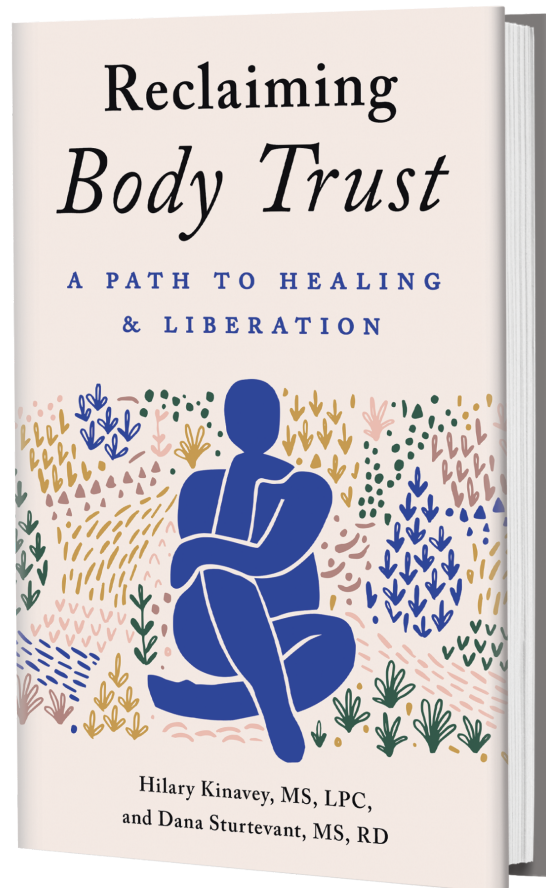


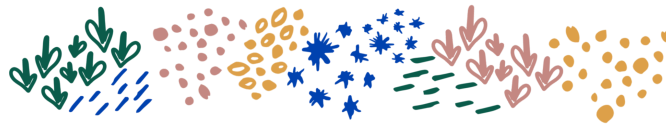
A HOLISTIC AND POWERFUL FRAMEWORK FOR LIBERATING OUR BODIES AND OURSELVES



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Summary by
Hilary Kinavey & Dana Sturtevant

Center for BODY TRUST 



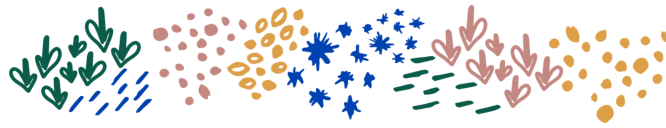
A holistic and powerful framework for liberating our bodies and ourselves.

In *Reclaiming Body Trust*, therapist Hilary Kinavey and dietitian Dana Sturtevant, founders of Body Trust®, invite you to break free from the status quo and reject a culture that has profited from trauma, stigma, and disembodiment, to fully reclaim and embrace your body.

Personal and political, informed by the body stories of the hundreds of people they have worked with, *Reclaiming Body Trust* delineates an intersectional, social justice–oriented path to healing. A complete guide to their innovative and revolutionary Body Trust framework, *Reclaiming Body Trust* reveals a pathway out of a rigid, mechanistic way of thinking about bodies and into a more authentic, sustainable way to occupy and nurture our body.

Reclaiming Body Trust is an invitation to bring a radically different healing paradigm into your life, and will challenge everything you have been taught to believe about weight and health, so you can say, “This is my body and I am reclaiming trust in this body.”

Read more at centerforbodytrust.com/book.



Thank you for being here!

Reclaiming Body Trust: A Path to Healing and Liberation has been over 17 years in the making. We are a therapist-dietitian team who co-created Body Trust® to help people heal from the effects of living in a weight-obsessed world. Our work grew out of our disillusionment with the dominant weight paradigm in healthcare. We both saw an urgent need to have different conversations with people about their bodies, their weight, their health and well-being, one that took the focus off of weight control and centered on healing *the relationship* with food, body and self. We found, in one another, a shared curiosity about how to help people divest from diet culture and move towards more sustainable forms of care.

In 2006, we co-founded the Center for Body Trust, LLC (formerly Be Nourished, LLC) and have dedicated ourselves to learning through deep listening and centering the lived experience of our clients. *Reclaiming Body Trust* introduces people to a different way of thinking about bodies.

In the introduction to the book, we write:

“We struggle, as a society, to understand the role discrimination, stigma and oppression have played in the emotional and physical well-being of people with marginalized identities. We fail to see how our conversations about well-being have often bypassed the social determinants of health (poverty, trauma, environmental racism, genetics, etc) and over-relied on personal responsibility and bootstrapping rhetoric (i.e. If you get sick, it’s because you aren’t leading a “healthy lifestyle”). We often reinforce a hierarchy of bodies that is upheld across systems and institutions without questioning the validity of our knowing. Individual’s worthiness is born from this, as well as the coping mechanisms that allow people to survive in a culture that doesn’t truly value them. This book is about where and why that coping began, how it evolved and how we begin to feel more free.”

If you read the book and connect with the content, here are three ways you can help us get the word out:

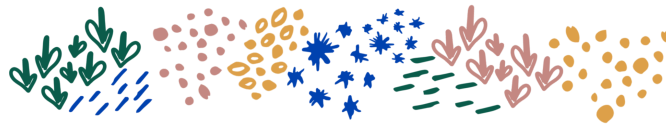
1. Write a review on Amazon, Goodreads, Bookshop, etc.
2. Share it with your audience.
3. Have us on your podcast or streamed show, if you have one.

With gratitude,

Hilary Kinavey, MS, LPC

Dana Sturtevant, MS, RD

Co-founders of Center for Body Trust, LLC



CHAPTER OVERVIEW

Reclaiming Body Trust is organized into three sections: The Rupture, The Reckoning, The Reclamation.

PART I: THE RUPTURE

Chapter 1: Body Trust is a Birthright

Body Trust is a birthright. Somewhere along the way this trust is ruptured and we get indoctrinated into a mechanistic way of thinking about food and the body. In this chapter, we use an intersectional lens to explore the experiences that disrupt embodiment and Body Trust.

Chapter 2: Your Body Story

What is a Body Story? It's a story about what it has meant to live in your body. Understanding how we lose trust in our bodies helps us locate the problem outside of our bodies so new personal narratives can emerge.

Chapter 3: Your Coping is Rooted in Wisdom

In attempts to control body size and escape shame to find a sense of belonging and freedom, people enter into a predictable, repetitive pattern that we call "The Cycle". In this chapter, we illuminate the pattern of coping that has emerged to help you survive in a fatphobic world.

PART II: THE RECKONING

Chapter 4: Divesting from Diet Culture

Diet culture is a shapeshifter, constantly repackaging itself while continuing colluding with the dieting mind. Become aware of the things in your life that are aligned with diet culture so you can begin the process of divestment.

Chapter 5: Reckoning with Your Eating

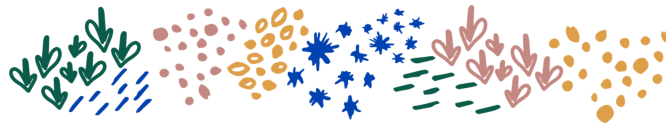
Coming to terms with all that has impacted your relationship with food and eating is part of the healing process that is Body Trust. Recommitting to being an eater means eating more consistently throughout the day, experimenting with different food choices, and taking risks with your eating.

Chapter 6: What Does Grief Have to Do With It?

The path to reclaiming our bodies and increasing resilience to shame and stigma is one permeated by grief and letting go. We allow for grief over and over again, knowing that without it, we may only move forward on shaky ground.

Chapter 7: Ending the Hustle

Diet culture teaches people to approach the body and food with rigidity and perfectionism. We, as a society, are not really hustling for "health"...we are hustling for worthiness. Explore how perfectionism and the vision of the idealized self lead to a lifetime of hustling.



PART III: THE RECLAMATION

Chapter 8: Entering the Wilderness

Many of us move around the world like floating heads, cut off from the wisdom of our own embodied experience. The process of coming home to ourselves and reclaiming Body Trust can feel like entering the wilderness. We are leaning into our vulnerability to brave uncharted territory.

Chapter 9: Allowing for Pleasure and Satisfaction

People with a complicated relationship with food (and their body) often have a disrupted relationship with desire. Allowing for pleasure and satisfaction is an act of resistance in a culture that has made indulgence a “dirty word”. Pleasure takes up space and says I’m here. Pleasure, in the absence of shame and guilt, heals.

Chapter 10: Reclaiming Movement

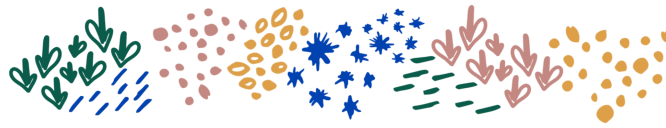
Many of us grow up experiencing the joy of active play, sport, dance and other ways of moving our bodies, only to have these activities co-opted by diet culture later in life. Explore your relationship to movement over time and how to find a way back into movement through the lens of Body Trust.

Chapter 11: Deepening Your Roots into Body Trust

The process of rebuilding trust with food, body and self is not all that different from how we rebuild trust in any relationship in our life when it is broken: through attunement and small consistent acts over time, not conditional acts or large-scale gestures. Learn about the phases people work through as they reclaim body trust.

Chapter 12: Making Your Healing Bigger Than You

It’s common for people to find themselves wavering in their early exploration of Body Trust. In the final chapter, we discuss the importance of community, talk about ways to continue with this work, and how to lend your voice to radical liberation for all.



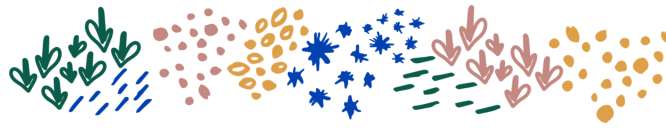
ABOUT THE AUTHORS



In 2005, Hilary Kinavey, MS, LPC and Dana Sturtevant, MS, RD co-founded the Center for Body Trust to offer programs that encourage movement toward a compassionate, weight-inclusive model of radical care to address body oppression, heal body shame and associated patterns of chronic dieting and disordered eating. The Center for Body Trust also offers programs for helping professionals and educators interested in adopting client-centered, trauma-informed, justice-based approaches to healing—including an intensive year-long Body Trust Certification Training. Their work has been featured in The New York Times, Self, Real Simple, Huffington Post, and the TEDx stage, and their book *Reclaiming Body Trust: A Path to Healing and Liberation* was released on August 30th.

Learn more at centerforbodytrust.com.

INDIVIDUAL BIOS on next page



HILARY KINAVEY, M.S., LPC (she/her) has supported people who are healing from disordered eating, body shame, and the impact of weight bias and other traumas. She is the co-founder of Center for Body Trust, where her work as a therapist, educator, speaker, and writer, has been a study of what interrupts our sense of wholeness and how we can return to ourselves in a culture that profits from fragmentation. She has additional training in workshop facilitation, mind-body coaching, and radical relating. She is a sought-after speaker on topics such as weight-inclusive approaches, weight bias, and the intersections of activism and the helping professions. She offers consultation and training for organizations and professionals.



DANA STURTEVANT, M.S., R.D. (she/her), is a registered dietitian who helps people divest from diet culture and move toward more compassionate, embodied forms of radical care. She is the co-founder of Center for Body Trust where her work as a speaker, educator, and trainer focuses on humanizing health care, advancing health equity, and advocating for food and body sovereignty. 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.

Read more about Hilary & Dana at www.centerforbodytrust.com