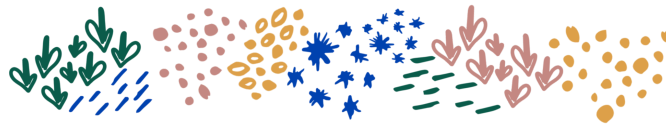


*Center for* BODY TRUST   
Groundwork Training Program

Weight inclusive care should be the norm.

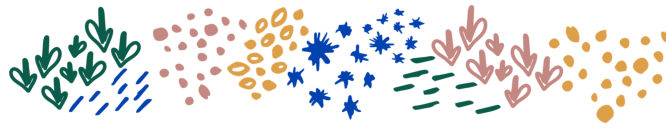


## Build an unshakeable foundation.

Groundwork is a self-paced training consisting of 14 online learning modules to help people develop a different way of thinking about food, weight, health, bodies and healing.

When we imagine what Groundwork will do, we're imagining not only safer therapy offices and dietetic practices, but also school curriculums that don't encourage disordered eating and organizations that have a culture of critical analysis around the dominant weight paradigm so they can address the harm that's happening to people. We're imagining folks making doctor's appointments without fear. We're imagining practitioners everywhere who specifically state what they believe in and how they are making their services more accessible and inclusive. We're imagining a world where all bodies can access the support and care they need in eating disorder treatment centers.

Body Trust is a strength-based, trauma-informed, scientifically grounded framework that helps connect the dots between social justice and the work of healing. It was essentially created to address the predictable, repetitive pattern of dieting, disordered eating and weight cycling fueled by shame, trauma, and body based oppression. Body Trust is greatly informed by liberatory frameworks and methodologies including Bobbie Harro's Cycle of Socialization and Cycle of Liberation, Barbara Love's Liberatory Consciousness, Desiree Adaway's Praxis of Liberation, as well as Niva Piran's Developmental Theory of Embodiment, 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.



## OVERVIEW OF THE TRAINING

*Groundwork includes 14 self-paced online learning modules to help people strengthen their liberatory consciousness, deepen their analysis of what disrupts Body Trust, and provide language and resources to help change culture. Each module offers recommended reading and resources and most will have journaling prompts for reflection. Here are the topics in the course:*

### ***Module 1: Our Body Trust Framework***

Body Trust is a radically different way of relating to, occupying, and caring for the body in a culture that doesn't trust bodies. It is completely counter to conventional "wisdom" about food, bodies, weight, and health. In the first module, we share the evolution of our Body Trust Framework and explore the question "What is body trust?"

### ***Module 2: Caring for Yourself During this Training***

In this module, we will talk about how to move through this training while cultivating the essence and ethic of Body Trust. We explore how you can care for yourself during this training, and also as someone who wishes to bring this paradigm into your own body, family, and spheres of influence.

### ***Module 3: Your Body Story***

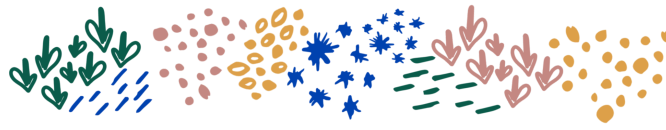
What is a Body Story? It's a story about what it has meant to live in your body. Understanding how we lose trust in our bodies helps us locate the problem outside of our bodies so new personal narratives can emerge. This module invites you to take some time to explore your body story.

### ***Module 4: Anti-Fatness & Health Equity***

While health equity is focused on systemic disparity, root causes, and the social determinants of health, there seems to be a disconnect between that focus and applying it to conversations about fatness. Even as we begin to understand all of the factors that lead to community and individual health, fatness is still seen as an individual choice with weight-loss as the only possible answer. There is so much evidence telling us that that is not the case. This module by Sirius Bonner attempts to bring these threads together in order to advance the project of bringing health equity and fat activism into alignment by understanding and dismantling anti-fat bias.

### ***Module 5: Coping & Surviving in Diet Culture***

Diet culture teaches us a hustle to survive it. This hustle becomes a way of coping in response to a world that actively promotes body hierarchies and treats bodies as problems to be solved. In this module, we talk about diet culture and the dieting mind, critique the food addiction model, and share what we want you to know about eating disorders. Guest teachers include Lisa Du Breuil (*Weight Loss Surgery: It's Complicated*) and Erin Harrop (*Eating Disorders, Weight, and Atypical Anorexia*).



### ***Module 6: Theoretical Underpinnings of Body Trust***

What we essentially call “The Beast”, this module is actually split into five modules (5.1 to 5.5): Liberatory Frameworks, The Developmental Theory of Embodiment, Post Modern Therapeutic Thought, Trauma-Informed Care, and Early Foundations (Health at Every Size®, Intuitive Eating, Self Compassion Theory and more). Some of the guest teachers you’ll be learning from include our beloved colleagues and dear friends Desiree Adaway, Ericka Hines and Nicole Lee.

### ***Module 7: Body Trust & Trans Experience***

This module was created by Dr. Sand Chang (they/them), who is a Chinese American nonbinary psychologist, DEI consultant, Certified Body Trust Provider, and somatic therapist specializing in trans health, eating disorders, trauma, sexuality, and relationships. You’ll unpack different aspects of gender and gendered experiences, reflect on our own experiences of gender training, learn about the ways in which diet culture and disordered eating might show up in trans communities, and learn some ways that Body Trust and body liberation approaches can best honor trans and/or nonbinary people.

### ***Module 8: But What About Health?***

We live in a culture that offers endless solutions for digestion, weight change, health optimization and wishful longevity. We emphasize food cures and give lip service to reducing stress. And we struggle to speak openly and directly about the variables affecting health the most—trauma, oppression, environmental changes and inequalities, and disparities in our healthcare system. This module will help you explore and develop an analysis of the relationship between healthism, nutritionism and ableism.

### ***Module 9: Deepening Your Roots into Body Trust***

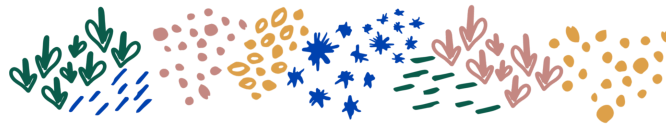
The process of rebuilding trust with food, body and self is not all that different from how we rebuild trust in any relationship in our life when it is broken: through attunement and small consistent acts over time, not conditional acts or large-scale gestures. In this module you’ll learn more about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

### ***Module 10: Reckoning with Eating***

Body Trust is not about perfecting food, eating and our bodies. We are not focused on helping people eat healthier. The focus is on helping people have better *relationships* with food. In this module, we build on what was shared in our book [\*Reclaiming Body Trust: A Path to Healing and Liberation\*](#). We explore ways of reckoning with hunger and fullness, discuss the concept of unconditional permission to eat, offer more on the food addiction model, and end with a lesson on how nutrition and health considerations fit in with Body Trust work.

### ***Module 11: Reclaiming Movement***

There is systemic fatphobia and ableism in almost all exercise, wellness, yoga, and fitness spaces, which makes these spaces especially unsafe for fat people, disabled people, trans people, and people with a history of disordered eating. This module will invite you to explore your relationship to movement over time and help you have a more nuanced analysis of movement through the lens of Body Trust.



***Module 12: Body Trust Advocacy for Children & Teens***

Let's imagine a generation of people who are not immersed in body correction and shame. A generation who are disability justice minded, with their focus on collective care, mutual aid, and radical love and inclusion. In this module we discuss ideas and ways to advocate for Body Trust in a variety of settings that we hope will translate into actionable change in your community.

***Module 13: Communication Skills & Conversation Strategies***

This module is intended to help you in your advocacy work to have more effective conversations with people about the possibility of change. You'll learn a bit about skillful relating and motivational interviewing, and we'll share some ideas for helping people think differently - and more critically - about everything they've been taught to believe about weight and health.

***Module 14: Reflections & Next Steps***

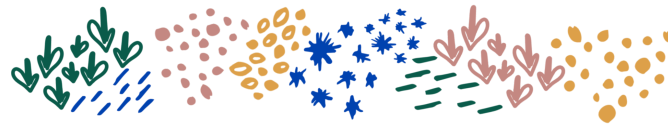
When you get to the end of the training, we hope you feel more prepared to go out into the world and advocate for weight-inclusive models of care like Body Trust. You'll be given an opportunity to reflect on the training and determine some next steps for moving forward.

Read more at [CenterForBodyTrust.com/GROUNDWORK](https://CenterForBodyTrust.com/GROUNDWORK).



Discounted group pricing is available and varies based on number of participants.

[Contact us](#) for more information. If you are looking for training for an organization, [please tell us more](#) and we will be in touch.



## ABOUT THE PROGRAM'S CO-CREATORS

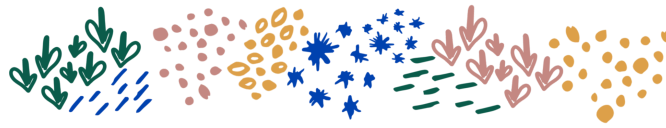


In 2005, Hilary Kinavey, MS, LPC (left) and Dana Sturtevant, MS, RD (right) co-founded the Center for Body Trust to offer programs that encourage movement toward a weight-inclusive model of radical care to address body oppression, heal body shame and associated patterns of chronic dieting and disordered eating. In 2020, Dana and Hilary began collaborating with Sirius Bonner (center) to offer 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, Forbes, Self, Real Simple, Huffington Post, and the TEDx stage, and Dana and Hilary’s book *Reclaiming Body Trust: A Path to Healing and Liberation* was released on August 30, 2022.

Learn more at [CenterForBodyTrust.com](https://CenterForBodyTrust.com).

*INDIVIDUAL BIOS on next page*

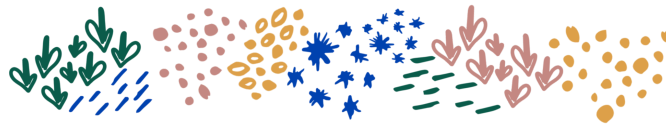




HILARY KINAVEY, M.S., LPC (she/her) has supported people who are healing from disordered eating, body shame, and the impact of weight bias and other traumas. She is the co-founder of Center for Body Trust, where her work as a therapist, educator, speaker, and writer, has been a study of what interrupts 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.



SIRIUS BONNER (she/her) is a passionate social justice leader and a noted presenter and facilitator who co-facilitates the Body Trust Certification Program with Dana and Hilary. 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 and nonprofits, she is currently an executive in healthcare where she leads equity and inclusion efforts.

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Read more at [CenterForBodyTrust.com](https://CenterForBodyTrust.com)