

beyond eating disorders



weekend workshops with Thom Rutledge and Julie Merryman

Dear Ed-Busters:

I am writing this to anyone who has expressed an interest in participating, or have already participated with me in an eating disorder recovery workshop, and to those of you who have worked with me via telephone consultations. I want you to know about my new eating disorder recovery workshop called Beyond Eating Disorders. If you have identified with my approach to recovery described in any of my books, and/or in Jenni's book, *Life Without Ed*, this is your chance to roll up your sleeves and work with these methods first hand.

The weekend format will begin on a Friday evening and end at noon on Sunday, and will meet on the Onsite Workshops campus, in Cumberland Furnace, Tennessee, just outside of Nashville. The plan is to offer this workshop 3 times a year: spring, summer and fall. Julie Merryman will be co-facilitating the program with me, and we hope some of you will want to join us.

This program is a bit different from previous eating disorder workshops I have done, in that the group will be smaller (12 participants), and the focus of each workshop will be on addressing the issues and questions presented by the individual participants. In other words, this is more like group therapy than a traditional, didactic workshop. This can seem simultaneously like good news and bad --- the good news being that you can expect the weekend to be particularly relevant to your recovery needs because of the smaller group size, and the bad news being that you may feel even more afraid of the increased vulnerability you might experience in a smaller group. My promise to you is that our top priority is always to help you feel as safe as is absolutely possible. Any of you who have worked with either Jules or me before, know how important that is to us.

I have wanted to offer a program like this in a retreat setting (as opposed to meeting in hotels) for a long time, and I'm excited about the Onsite facility. To take a look at it, go to www.onsiteworkshops.com. Beautiful, big antebellum house in the center of it all, where we will be eating our meals, and drinking coffee on the porch. Excellent porch! Very cool meeting space, and cabins where we will be staying. (Rustic only in style – we will be remaining in modern times, with hot and cold running water, electricity and such). Now if you do go look at the web site, listen: we are meeting on the Onsite campus, but we are not an "Onsite Program." So when you see the Onsite policies of no caffeine, no smoking, no cell phones, no laptops, understand that those are NOT our policies. First, if there was no caffeine, I wouldn't show up. Of course, we do want to respect the Onsite no-smoking tradition, so we will designate specific smoking areas. I guess that is pretty much the rule wherever you go these days, right? It is my belief that, in the spirit of our collaborative "retreat," that it is helpful to do your best to not become distracted by laptops and cell phones, but that will be up to you.

We are very excited about getting started with this program and really hope that you will want to join us. To register, you go through the Onsite offices, but to answer any questions about the program, and/or just moral support in standing up to Ed so you can come, you just talk to Jules and me. Our contact info is at the bottom of the flier, and we both welcome your calls and/or emails.

Hope to hear from some of you, and see some of you, soon. In the mean time, do your best to kick Ed's ass everyday.

Thom

Thom Rutledge

PLEASE FEEL FREE TO SHARE ANY OF THIS MATERIAL, INCLUDING THE WORKSHOP FLIER THAT IS PAGE 3 OF THIS DOCUMENT, WITH ANYONE WHO MIGHT BE INTERESTED IN THIS WORKSHOP OR WHO MIGHT BE CONCERNED ABOUT A LOVE ONE WITH AN EATING DISORDER. WE ALWAYS APPRECIATE YOUR HELP IN SPREADING THE WORD ABOUT THIS WORKSHOP.

Beyond Eating Disorder Workshop October 16-18, 2009

A weekend retreat with
Thom Rutledge & Julie Merryman

You are certainly welcome to communicate with Jules and me via Facebook, but we want to be sure that everyone can feel safe about privacy and confidentiality. I think the best way to do that is to move our communication to direct email.

My email address is thomrutledge@earthlink.net
Julie Merryman's (Jules) is thomtalks@aol.com

Send either or both of us an email so we can answer any questions you have and so we can keep you informed about enrollment. The program is limited to 12 participants, tends to fill rather quickly, so let us hear from you sooner rather than later.

To Register

When you are ready to make it official and reserve your place, [contact Stacey at 800-341-7432](tel:800-341-7432) or intake@onsiteworkshops.com. The fee for the weekend is \$1,485, which includes everything (tuition, materials, lodging, meals, snacks) except transportation to Nashville.

The Program

I'm very excited about this program. It is a bit different from other weekend workshops we have done, in that we are going to be working with a small enough group to be able to focus more specifically on individual participants' needs. For some of you that might sound like great news, and for others, it may sound scarier, as in there won't be a crowd of people to disappear into. I can promise you this: our number one priority is always to help workshop participants feel as safe as possible. And one more promise: we will get some important work done -- and, believe it or not, we will have fun too.

The Work

The emphasis of our work lately has increasingly been on helping people to discover and develop their identity beyond eating disorder (thus: the title of the retreat). I have become increasingly aware of the need in recovery to consciously choose to do whatever it takes to move past the constant power struggle with "Ed," and on to the tasks Ed works so hard to get you to avoid: namely, discovering who you really are and deciding who you want to be. As a group, we will be going wherever you are ---- be it at the beginning of recovery, or somewhere down Recovery Road --- to help you address whatever is the next best step for you to take. And if you are feeling stuck, we will most certainly get you unstuck.

Looking forward to hearing from you.

Thom

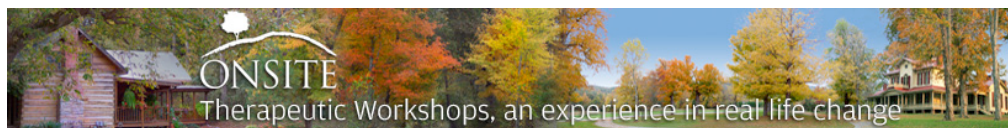
*For information about Thom's telephone consultations,
email thomrutledge@earthlink.net*

beyond
eating
disorders



weekend workshops
with Thom Rutledge
and Julie Merryman





ONSITE
Workshops
presents

Beyond Eating Disorders

*A Weekend Retreat for Eating Disorder Recovery
with Thom Rutledge & Julie Merryman*

DECLARE INDEPENDENCE FROM BULIMIA AND ANOREXIA

October 16-18, 2009 • ONSITE Campus in Cumberland Furnace, Tennessee

PARTICIPANTS MUST BE AT LEAST 18 YEARS OLD

This weekend workshop is based on the philosophy and methodology of Thom Rutledge's INTRApersonal Therapy Model applied to the treatment of anorexia and bulimia. Thom's approach has been described in his book, *Embracing Fear*, and was introduced to the eating disorder field by a book based on his therapy with author, Jenni Schaefer (*Life Without Ed: How One Woman Declared Independence from Her Eating Disorder & How You Can Too*, McGraw-Hill, 2004). Jenni's book has helped, and continues to help, thousands of women around the world to confront and overcome their eating disorders by using Thom's Separation Method, in which people are taught to utilize a powerful relationship metaphor to free themselves from "Ed's" (acronym for eating disorder) tyrannical control.

The weekend is a blend of didactic presentation, group discussion, and therapeutic exercises. Like other Onsite Programs, *Beyond Eating Disorders* includes experiential work: participants will experience first hand the power of Thom's Separation Method of eating disorder therapy. Because the program is interactional and group-centered, it is appropriate for people in all phases of recovery --- whether you are new to recovery or someone already in recovery in need of additional support.

Thom's co-facilitator for the weekend is Julie Merryman. "Jules," who has been working in the addiction and eating disorder treatment field for 10 years, brings her own unique and powerful presence to this experience. Thom and Jules have been working and developing programs together for the past 6 years. Working with them together is an invaluable opportunity.

If you are sick and tired of the relentlessly destructive relationship with your eating disorder, join us to ...

- Break down the walls of isolation
- Find genuine connection with others
- Learn recovery techniques that really work
- Gain tangible hope for a life without Ed

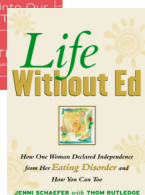
Beware of Ed trying to stop you from attending by telling you things like...

- Your problems are not serious enough
Or your problems are too serious, that you are beyond hope
- You have to "lose weight" before you deserve help
Or you simply don't deserve help at all
- You should be able to recover on your own
And going to this retreat would be an admission of weakness

Strength and independence are not about being able to do everything for yourself. True strength and independence are about recognizing that you have a legitimate need for help and that you deserve to find that help.

Showing up for this workshop was the scariest thing I have ever done, but I am so glad I did it. For the first time in my life, I felt understood. Thom and Jules really get it. -Jill T.

I finally know what I can really do to recover [from my eating disorder]. Thanks guys. - Sara W.



Beyond Eating Disorders is not a cure-all, not by a long shot. But this retreat can be the turning point you have been looking for. So whether you are early in your recovery or in need of a recovery refresher course, please join us to declare your independence from the culprit that has been robbing you of your life.

Thom Rutledge is the author of several books, including *Embracing Fear*, *Simple Truth*, and *The Power of Self-Forgiveness*. He has been a psychotherapist for almost 30 years and is known for his practical, down-to-earth approach to personal growth, and for his belief that there is nothing wrong with having some fun along the road-less-traveled. You can contact Thom directly at thomrutledge@earthlink.net.

Julie Merryman is the Director of Marketing for New Life Lodge Addiction Treatment Center (A Member of CRC Health Group). She utilizes both her personal recovery and her extensive clinical experience to guide workshop participants respectfully and safely through obstacles that block recovery. You can contact Jules directly at thomtalks@aol.com.

Fee: \$1,485 • Includes program tuition, workshop materials, lodging and meals

FOR MORE INFORMATION ABOUT THIS WORKSHOP OR TO REGISTER:
www.onsiteworkshops.com • 800-341-7432

