



# News from ACORN

July 2014

ACORN Food Dependency Recovery Services, PO Box 50126, Sarasota, FL 34232  
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*Congratulations  
 Mary & Phil*



*Mary and Phil are delighted to  
 announce their marriage.  
 The ceremony was held at the  
 Sarasota Garden Club  
 Saturday, March 1, 2014*

## Professional Training Primary Intensive© October 10 – 15, 2014

The next Professional Training Primary Intensive© will be **October 10 – 15, 2014**. The Professional Training is a three-year experiential certification program of the Food Addiction Institute, administered by ACORN. It begins by learning the addictive model of treatment for food “from the inside out,” then assisting experienced professionals in an internship and, finally, creating a special contribution to food addiction healing based on your own interests, strengths and learning goals.

In addition to the professional training, participants will have the opportunity to gain CEU’s by enrolling in the Florida School of Addiction Studies Introduction to Food Addiction course and an Intuitive Painting course with Kaylina Michaela (details and schedule below).

Members of the FAI/ACORN training must attend at least two Primary Intensives a year; one of which must be with members of the training. The fee for the program is \$1000/year plus the cost of workshops attended.

*Attendees do not need to be enrolled in the training to attend this intensive.* In fact, we welcome those not in the training to attend. They will have the benefit of working with the training group, and it provides an opportunity for trainees to assist in process groups and make presentations.

DATE	EVENT	COST	Location/Registration
October 6 – 9	Introduction to Food Addiction	\$360	Florida School of Addiction Studies at Springfield College Tampa, FL Facilitated by Phil Werdell and Mary Foushi Register by calling 888-933-3727 CEU’s upon completion
October 10	Food Addiction and Intuitive Painting Workshop	\$60	Bradenton, FL Register by calling Kaylina Michaela 828-252-4828
October 10 – 15	FAI/ACORN Professional Training Primary Intensive©	\$1,950 or \$1,700	Bradenton, FL Register <u>online</u> or call 941-378-2122
October 22	1 <sup>st</sup> Annual National Conference The Missing Piece in Response to the Obesity Epidemic: Diagnosing and Treating Food Addiction	\$99 plus fee for CEU’s	UMASS Medical School, Worcester, MA Barbara Grimes - (508) 856-8786

For further details contact Raynea at 941-378-2122 or [rmccumber@foodaddiction.com](mailto:rmccumber@foodaddiction.com)  
 or read more at [www.foodaddiction.com](http://www.foodaddiction.com).

## 1<sup>st</sup> Annual Food Addiction Conference Worcester, MA

The University of Massachusetts Medical School: Department of Psychiatry and the Food Addiction Institute (FAI) are co-sponsoring the **1<sup>st</sup> Annual Food Addiction Conference October 22, 2014** in Worcester, Massachusetts. The focus for 2014 will be **“The Missing Piece in the Obesity Epidemic: Diagnosing and Treating Food Addiction.”** Invited speakers and workshop leaders include: **Dr. Nicole Avena** of Columbia University, the new leader of food addiction research in the US; **Phil Werdell**, Director of FAI/ACORN Professional Training; **Bitten Jonsson**, R.N., M.S., the creator of the new diagnostic protocol for Food Addiction ADDIS – Sugar. Other professionals to expect at the conference include:

- 🍌 **Theresa Wright, MS, RD, LDN**, the foremost expert on individual food plans for food addicts
- 🍌 **Esther Helga Gundmundsdottir, M.Sc.**, CEO, Food Addiction Professional, IC&RC Certified as clinical supervisor and Addiction Professional, Clinical Hypnotherapist
- 🍌 **Douglas M. Ziedonis, M.D., M.P.H.**, Professor and Chair, Department of Psychiatry, University of Massachusetts Medical School, leading expert on dual diagnosis and mindfulness training
- 🍌 **Vera Tarman, MD, M.Sc, FCFP, ABAM**, Medical Director of Renascent, director of [addictionsunplugged.com](http://addictionsunplugged.com), a leading expert in addiction medicine, with a special focus in the clinical presentation of food addiction
- 🍌 Representatives of the most successful professional food addiction treatment programs: ACORN Food Dependency Recovery Services, COR, Milestones, Shades of Hope and Turning Point of Tampa
- 🍌 Members of the major voluntary mutual support programs for food addicts: OA, FA, GSA, ABA, RFA, CEA-HOW, FAA

CME's and CEU's will be earned for those attending the conference for health professionals. Please consider attending this conference and pass the word to your own health professionals or anyone you think would like to learn more about food addiction. More information will soon be available at [www.foodaddictioninstitute.org](http://www.foodaddictioninstitute.org) and <http://www.umassmed.edu/Psychiatry/Food-Addiction-Conference/>



Save the Date!

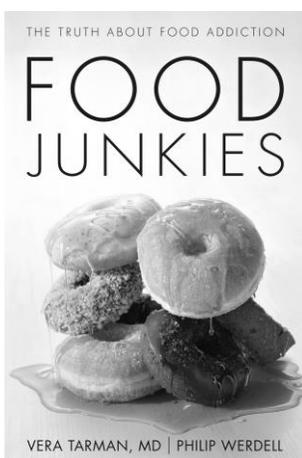
### 1<sup>st</sup> Annual Food Addiction Conference

Sponsored by the UMass Department of Psychiatry and the Food Addiction Institute

The Missing Piece in Response  
to the Obesity Epidemic:  
Diagnosing and Treating  
Food Addiction



Wednesday, October 22, 2014  
University of Massachusetts Medical School  
Worcester, Massachusetts



### ***Food Junkies: The Truth About Food Addiction***

(Toronto, Dundurn Press, November 2014) by Vera Tarman and Phil Werdell is scheduled for publication late 2014. Advance sales are available *now* on [Amazon.com](http://Amazon.com) and [Chapters.ca](http://Chapters.ca). Vera Tarman, MD. is the Medical Director of Renascent, Canada's largest treatment center for drug and alcohol addiction. Dr. Tarman is also the founder of [addictionsunplugged.com](http://addictionsunplugged.com). Phil Werdell has worked as lead therapist for the food addiction programs at Glenbeigh Psychiatric Hospital, the Rader Institute of Washington and ACORN Food Dependency Recovery Services. He has written numerous books and articles on food addiction including *Bariatric Surgery and Food Addiction: Preoperative Considerations* and has worked with over 4,000 late stage food addicts. He is also publishing a follow-up ebook *Food Plans for Food Addicts: A Physical and Spiritual Tool*.

## FAI/ACORN Professional Training Graduates

### RAJA Batarseh, BA – Amman, Jordan

Raja is an ACORN Certified Food Addiction Professional and a member of the Advisory Board at the Food Addiction Institute. Raja is a food addict with over 3 years of stable recovery and is maintaining a 52 kilograms (115 lbs) weight loss for over 7 years. She has 26 years experience in management and training. Armed with her long managerial experience at the Sight and Sound educational center in Amman, Jordan as well as the various courses she attend in the U.K. (Stress Management, CBT and NLP), Raja conducted over 200 courses in Stress Management and Self-Motivation inside and outside Jordan, and appeared several times on national and regional TV channels. She is the author of "My Yellow Suit." Currently, she is offering intensive workshops in Jordan, to help people recover from food addiction and overcome their struggle with weight.

"Hi I am Raja Batarseh and I struggled with obesity for over 25 years, during which my weight yo-yoed between 65 and 110 kilograms! I went on numerous diets, underwent gastric banding surgery, had liposuction procedures and resorted to therapy, all of which enabled me to lose weight, but only temporarily. Determined to put an end to my suffering I searched the internet and found ACORN and contacted them. The highly professional – and compassionate – response which I received from them made me fly to the USA and attend the Primary Intensive course. It was only then when I realized that I have spent my whole life battling an addiction to food (specifically sugar and volume food) rather than battling a weight issue! Fortunately, and by the grace of God, I surrendered to the suggested recovery program; and, since then, not only did I lose all my excess weight and have been maintaining my ideal weight for almost 3 years, but more importantly, I was finally liberated from the enslavement of food addiction! Moreover, I became an ACORN Certified Food Addiction Professional, after having successfully completed the FAI/ACORN Professional 3-year Training Program, and I have been conducting workshops for helping people overcome obesity and food addiction, thus "Lose Weight and Gain Faith".

***"The highly professional – and compassionate response which I received from them (ACORN) made me fly to the USA and attend the Primary Intensive course."***  
~Raja Batarseh



### Esther Helga Gundmundsdottir M.Sc., CEO, Food Addiction Professional, IC&RC Certified as clinical supervisor and Addiction Professional, Clinical Hypnotherapist



Esther Helga founded MFM (a Treatment and Educational Center for Food addiction in Iceland [www.matarfikn.is](http://www.matarfikn.is)) in 2006. She has been a leader in the field of food addiction in Iceland supplying food addiction treatment as well as lecturing on the subject for professionals as well as the public.

Esther Helga serves as chair of Matarheill (an Icelandic organization working on the rights of people with food addiction for proper assessments and treatments). She sits on the board of the Food Addiction Institute, USA and is one of the founders of the International Society of Food addiction Professionals. She worked as a consultant to the University of Iceland on a

new degree in addiction counselling.

Esther Helga has worked and thought about food addiction treatments in cooperation with ACORN Food Dependency Recovery Services ([www.foodaddiction.com](http://www.foodaddiction.com)) along with Vera Tarman MD in Canada and Bitten Jonson in Sweden. Esther Helga is on the board of the Icelandic Society of Professionals working with obesity. The food addiction treatments of MFM are widely known and mentioned in the first handbook for professionals on food addiction. (Food and Addiction: A Comprehensive Handbook, KD Brownell, MS Gold).

***"My experience of FAI/ACORN Professional Training was superb. It helped me lay a foundation for my work in Iceland along with strengthening my own program of recovery. Thank you Mary and Phil for your incredible pioneering work in the field of food addiction."***  
~Esther Gundmundsdottir

## Things to note....2014 Highlights and Advancements

 **FED UP!** There is a new Hollywood documentary on food addiction by executive producers Katie Couric and Laurie David (producer of AN INCONVENIENT TRUTH). The film includes several major scientists and doctors who are leaders in the field. It has a simple explanation of the biochemistry of food addiction and shows a number of ways Big Food has contributed to the problem. It ends with a pitch for everyone to try a ten-day sugar detox. A quite good suggestion. There is a good website offering follow up or support during detox. [www.fedupthemovie.com](http://www.fedupthemovie.com).

The one problem with the message, from the point of view of those who are already afflicted (up to 70 million US adults), is the lack of focus on treatment. It is not clear in the movie that after a critical point in the progression of the disease, most food addicts cannot recover on their own. Like much of the information about food addiction in the general media, there is a minimization of the problem of loss of control. There is no mention of the food 12 Step fellowships or the need of many for professional help in detoxification and challenging food addiction denial. Fed Up is still a film very much worth seeing.



-  The Food Addiction Institute is working with Bitten Jonsson, R.N., M.S., the leader of food addiction treatment in Sweden, to train health professionals in the new diagnostic instrument for food addiction that is proven successful in Scandinavia, ADDIS - Sugar. Details will be available soon.
-  ACORN conducted their first two-week set of public education events, recovery workshops and consultations with professionals in **Amman, Jordan** in May 2014. Over 400 participants turned out to hear Phil, Mary and Raja speak, and 11 students attended a mini ACORN Primary Intensive®. To date, 71 Jordanians have taken Raja Batarseh's 18-week course. Over two dozen have become food abstinent and have lost a combined **1653** pounds in the first year. Raja completed and graduated from the FAI/ACORN Professional Training program in 2013.

### ***FAI Fundraiser Success***

The Food Addiction Institute (FAI) raised almost \$2,000 in its first local fundraising effort in Sarasota and surrounding counties. The funds raised will be put toward FAI priority projects such as researching food addiction denial, backup support for the National Food Addiction Conference and the Sarasota Project, a demonstration model for raising consciousness about and enhancing treatment for Food Addiction in small cities.

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**Visit our website [foodaddiction.com](http://foodaddiction.com) for updated information, new events and to register for ACORN events.**

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