

Are you new to *ABSTINENCE*?

Are you in *RELAPSE*?

Do you want to deepen your *RECOVERY*?

August 21 – 26, 2015

(Friday – Wednesday)

LOCATION:

True North Holistic and Retreat Center
82 Healdville Road
Hubbardston, MA 01452
(25 minutes from Worcester, MA)

TO REGISTER:

Online Registration:
foodaddiction.com/programs/registration/

Contact Raynea at the ACORN office for any questions or help with registration.

Phone: 941-378-2122

Email: rmccumber@foodaddiction.com

Primary Intensive Fees: \$1,950 (or \$1,700 for previous Intensive participants)
(includes meals, workbooks, handouts and materials)

Lodging: \$225 for 5 nights

ACORN Food Dependency Recovery Services

is a professional organization committed to helping food addicts. We see ACORN work as a supplement to fellowship groups such as Overeaters Anonymous (OA), Food Addicts in Recovery Anonymous (FA) and other 12-step programs. ACORN holds Primary Intensives and Food Addiction Treatment Workshops in different parts of the U.S., Canada, Iceland and Jordan. Our services are for people in all stages of recovery from chemical dependency on food: those just beginning, those in relapse and those in long term recovery. Our workshop attendees include bulimics, anorexics, compulsive eaters and food addicts.



Information on the Science of Food Addiction & Effective Treatments

ACORN

Food Dependency Recovery Services

Join us for an ACORN Primary Intensive© sponsored by the UMass Department of Psychiatry and the Food Addiction Institute



ACORN Primary Intensive©

Detoxification & Recovery Education

The ACORN Primary Intensive© is a 5-day structured residential workshop experience, patterned after the first weeks of inpatient treatment for food dependency. The Intensive includes practice using a food plan, education about the disease, challenging denial and resources for support.

The Intensive is designed to support and promote food abstinence and Twelve Step work through a process of groups, educational lectures, structured activities and individual reading/writing assignments.

This workshop is open for all food addicts, however there will be a special emphasis at this Primary Intensive for people considering bariatric surgery and for people who have had bariatric surgery and are losing control of their eating and/or are gaining weight.

Facilitator: Philip Werdell, M.A.

Director, ACORN Food Dependency Professional Training Program

Co-founder, Food Addiction Institute

Phil has worked professionally with over 4000 middle and late-stage food addicts. He is a graduate of Yale University with postgraduate work in food addiction. He has trained and now mentors food addiction recovery professionals practicing in Iceland, Scandinavia, England, Canada, Israel, Jordan, Australia and throughout the United States.



Assistant: Johanna Spencer, MA, LMHC is a Licensed Mental Health Counselor with over 30 years experience.

She specializes in addiction and 12-step recovery work with individuals, couples and families. Johanna holds a Master's Degree in Counseling from Antioch New England Graduate School. She has worked in Community Mental Health, Private Practice, and Behavioral Medicine at UMass Medical Center with Binge and Compulsive Eating Disorders.



Welcome to ACORN!

We hope you will find this Intensive an event that enhances your recovery from food addiction—whether you are struggling with abstinence or are a stable “long timer.”

Please read the following details about the Intensive carefully, and *if you have any questions, feel free to call the ACORN office at 941-378-2122.*

Intensive Begin Time:

The Intensive will begin at approximately **7 p.m. Friday, August 21, 2015**. Participants should be at the house no later than 6:30 p.m.

Intensive End Time:

The Intensive concludes with lunch on **Wednesday, August 26, 2015**. We request that people remain at the house until approximately 2:00 p.m.

Lodging:

All participants will be staying at the intensive site. The fee for lodging at the house is **\$225 for five nights**, payable to ACORN.

Please note: Bedrooms may be located on second floor of the home and space will be shared with participants.

Meals:

Dinner is NOT provided the first evening but feel free to bring your own meal or eat before you arrive. Meals will be provided beginning with metabolic the first night through lunch on the last day, including any meals you may need to pack for your return trip. Food is prepared according to the Glenbeigh Healthy Eating Plan, which excludes sugar, flour, caffeine and alcohol. You will be responsible for weighing or measuring your portions. If you have questions about your particular food needs, please let us know in advance!

Focusing on You (This Is Important):

Because the complete focus of the Intensive is on your **recovery**, no outside distractions are permitted. This means no telephone calls, no TV/video/audio, e-mail, computer, non-recovery books or activities. Please do not make commitments (e.g. job concerns) requiring outside attention during the Intensive. When you arrive, we will ask for your cell phones and car keys (for safekeeping)!

But ... In Case of Emergency:

Please have your family members call **941-378-2122** if there is an emergency. This number will be checked for messages several times each day.

Registration and Final Payment:

A completed registration form is required for all participants along with a \$500.00 deposit (available at www.foodaddiction.com). Full payment is due 14 days prior to the event or Friday, August 7, 2015. The fee is \$1,950 for first-time participants and \$1,700 for those who have completed one or more previous ACORN Primary Intensives. Meals are included in this fee, but not lodging (see above).

Transportation:

It is suggested that you fly into the following airports:

[General Edward Lawrence Logan International Airport](#) Boston, MA - BOS

[Theodore Francis Green State Airport](#) Providence, RI - PVD

Ground Transportation to True North Holistic and Retreat Center:

Airport Taxi & Limousine Service

(401) 737-2868

2000 Post Road, Warwick, RI 02886

Serving customer transportation needs between T.F. Green Airport and area communities.

Knight's Airport Limousine Service

(800) 822-5456

390 Hartford Turnpike, Shrewsbury, MA 01545

Door to door service to and from T.F. Green Airport and Logan Airport (prior reservations required).

EVENT ADDRESS: [Click here for Mapquest directions.](#)

True North Holistic and Retreat Center

82 Healdville Road

Hubbardston, MA 01452

What to Bring:

You will need:

- Casual, comfortable clothing and walking shoes (bring a sweater due to air conditioning)
- Digital food scale
- Your personal toiletries
- Prescribed medications

You will be provided:

- Towels, linens
- Writing paper
- Notebook and pen
- Big Book (*Alcoholics Anonymous*, travel edition)

Special Note:

In support of those with environmental sensitivities, we wish to make the meeting space as scent-free as possible. Please do not bring or use cologne, perfume, scented lotions, scented aftershave, aerosols, etc. as these products may cause reactions in some people.

Aftercare Note:

It is recommended that you plan 1 - 2 days with little or no responsibility following the Primary Intensive to ensure abstinence upon return to normal activity. We look forward to seeing you and sharing recovery with you!