



presenter information

Hungry for Hope features both a community track and a professional track. The professional track sessions are denoted with (CE) in the title line.

GENERAL SESSION 1 “REALationship Heals”

Constance Rhodes, CEO FINDINGbalance, Inc

Abstract: These days we can have hundreds of friends on Facebook, but few people we’re actually in relationship with. The reasons for this are varied, but important to explore because an essential foundation to healthy living requires connection through relationship – with God, self, and others. Unfortunately, as much as relationships are necessary for healing, the hurt we often experience through them can prevent us from seeking them out. This session will explore one woman’s struggle to heal from – and through – relationship, and give you practical tools for moving toward health in your own relationships.

Summary: Constance Rhodes grew up in a relationally-strained environment. Rejected by classmates during her earlier years and longing for approval from her emotionally absent father, (and physically absent mother) she found ways to build herself into what she thought would invite the approval and love she longed for. Unfortunately, her efforts at becoming independent of needing others to avoid the pain of rejection only led to life-controlling issues such as disordered eating and sexual addiction. While her work, writing and speaking often focuses most on those struggles, it is the underlying hunger for relationship that drives them. In this session she will explore the role that relationship played both to harm and to heal her over time.

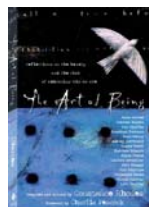
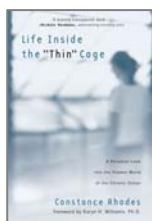
Objectives:

1. Recognize the powerful influence of relationship on overall well-being.
2. Explore how relational breakdowns can lead to life-controlling issues, through a first-person account.
3. Learn four things to look for that constitute “real” relationships, on a practical level.

About the Presenter:



Constance Rhodes is the founder and CEO of FINDINGbalance, Inc., a faith based non-profit health and wellness organization with an emphasis on eating and body image issues. She is the author of “**Finding Balance with Food**”, a 12-week small group curriculum designed for faith-based settings, and host of the new downloadable **FINDINGbalance Gathering** small group tool, designed for individual and open group use. A self-proclaimed “Recovering Approval Junkie,” Constance’s unmet hunger for relationship and approval led her to a decade of disordered eating, which she chronicled in her first book, *Life Inside the Thin Cage*. Constance writes and speaks extensively on not just eating issues but the underlying roots, such as perfectionism, pride and fear. She has shared stages with Kay Arthur, George Barna, Liz Curtis Higgs, Priscilla Shirer and Rebecca St. James and is passionate about reaching everyday women who need permission to be real. She lives in Franklin, TN with her husband and three children. constance@findingbalance.com



CE Workshop (Professionals Only)

“The Naked Therapist: Risks and Rewards of Modeling Transparency in Recovery Work”

Todd Davis, MA, LMHC and Misty Rees, BS, CEDS

NBCC Topic Area: 8. Counselor Professional Identity and Practice Issues

Abstract: The topic of how “real” to be in our professional relationship with clients is complex. Undoubtedly, risks and rewards coexist in this dynamic. This workshop will focus on finding the balance in honoring professional boundaries and ethics without sacrificing or removing our humanness from the therapeutic process. We will discuss how honesty, caring, empathy, and sharing make for effective connections, growth and healing, while equipping you to implement transparency with effective boundaries.

Summary: While the complex nature of eating disorders requires the use of a multidisciplinary team and evidence-based treatment approaches, an integral part of the healing process is YOU. This workshop will address the risks and rewards of modeling transparency in recovery, identify what works and what doesn't, and equip you to bring authenticity into the therapy room. We have all overcome challenges, and we can be a “living bridge” for the next person who finds themselves faced with the same challenge. Learning the art of transparency will empower us to do this effectively and with appropriate boundaries.

Objectives:

1. Understand the role self-disclosure/transparency plays in building the therapeutic relationship;
2. Identify the risks and rewards of transparency in the therapy relationship;
3. Identify interventions to minimize risks and boundary issues.

About the Presenters:



Todd Davis, MA, LMHC is a Family Therapist for Selah House, an inpatient eating disorder facility in Anderson, IN. Todd completed his undergraduate degree at Anderson University, and earned his graduate degree at Grace College with additional graduate work at Ball State University. He has experience in the mental health field since 1994 and has worked with individuals, groups, and families in: residential treatment, juvenile and adult parole/probation, and in a university setting as a counselor and a professor.



Misty Rees, BS, CEDS is the Program Director for Selah House. Misty is a graduate of the University of Evansville and completed her CEDS training at Saddleback College Eating Disorder Institute. She has had extensive experience working with individuals, groups, and families affected by eating disorders since 1994, and does numerous speaking engagements throughout the Midwest and the United States. She has been recovered from anorexia for 19 years.



Community Workshop

“It’s Not Alive – Putting Food in its Place and Moving Towards Balance

Ann Capper, RD, CDN

Abstract: At times, it can feel like food is a living, breathing entity, especially when we adopt beliefs, eating patterns and lifestyle habits that intensify its power over us. Steps will be presented to weaken food’s grip, put it in its place, and help you move towards freedom and balance.

Summary: Food is not alive, but it can seem oh-so-powerful. We even personify food when we talk about a healthy versus an unhealthy “relationship” with it, referring to it as “friend,” “enemy” or “master.” Sometimes we get so caught up in our feelings and beliefs about food that we lose sight of the main purpose it’s supposed to serve. Basic physical, emotional and social reasons for eating will be reviewed in this session, along with some of the ways that food’s power becomes intensified. Cravings will be discussed, the emphasis on measures that can be implemented to minimize and even prevent them.. Examples of false beliefs regarding food’s power will be uncovered, contrasted with God’s truths

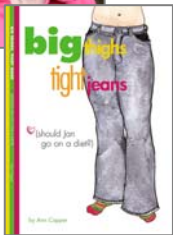
Objectives:

1. Recognize common roles food can play in our lives and identify false beliefs related to its power;
2. Understand the physical, social and cultural contributors to food cravings;
3. List examples of steps that can be taken to weaken food's power and move towards freedom and balance.

About the Presenter:



Ann Capper, RD, CDN is the Nutrition Editor for FINDINGbalance.com, with numerous articles posted in the Eat Well, Live Well section. She is also the author of *Big Thighs, Tight Jeans (Should Jan Go on a Diet?)*, written specifically to help middle school girls develop a positive body image and learn to eat healthfully—without obsession. Ann also speaks, writes and teaches about body image and nutrition in Upstate New York, in both the community and church settings. She is a member of the American Dietetic Association, National Eating Disorders Association, Nutrition Education for the Public Dietetic Practice Group, and the New York State Dietetic Association. The mother of three children, Ann enjoys studying ballet and modern dance in her spare time.



CE Workshop

“Not On Our Watch! – How to Intervene when Things Seem Hopeless”

Jerry Law, DMin, PhD Cand., Intervention Specialist

Topic Area: 4. Group Dynamics, Processing and Counseling

Abstract: Eating disorders are diseases of denial. Often the family system is in as much, if not more, denial than the individual struggling with disordered eating. The intervention process conducted with love, care and concern is the ideal tool to break through this denial, often providing a first step toward recovery.

Summary: Through a highly interactive role-play exercise, counselor and professional interventionist Dr. Jerry Law guides the workshop audience through an experience that simulates an actual meeting that family members take part in during an intervention consultation. Several attendees will be asked to participate in a mock family gathering and all seminar participants will have the opportunity to learn about the *Transtheoretical Intervention Protocol (TIP)* and its unique application to both the disordered eating client and the family that has often been dealing with ED for years.

Items covered include: Introductions of data gathering, Determination if an Intervention is clinically appropriate, Assessment of potential Intervention team members, Detailed presentation of facts on eating disorders and addictive behaviors, Illustrations of the progressive nature of eating disorders and addictions, Examples of Interventions facilitated for similar situations, Discussion about treatment options, Presentation of costs for the Intervention, Q&A

Objectives:

1. Become familiar with the Intervention process through an interactive role-play;
2. Gain detailed understanding of the applicability of the TIP Intervention process to eating disorders;
3. Recognize positive outcomes of an Intervention regardless of choices of the suffering individual.

About the Presenter:



Jerry L. Law, D. Min., PhD Candidate is an Intervention Specialist with ISA Intervention and Recovery Specialists based in Phoenix, AZ, where he often works with eating disordered clients and families. He received his BA in Biblical Studies (2005) and his MA in Biblical Counseling (2006) from Trinity Theological Seminary, and is currently a candidate for PhD from the same institution. His leadership and organizational skills lend themselves naturally to assisting families as they bring hope and help to suffering loved ones. He is a Board Registered Interventionist, and a Certified Drug, Alcohol and Addiction Counselor. Jerry is a member of NAADAC, The Association of Interventionist Specialists, The American Association of Christian Counselors, and is Board Certified by the International Board of Christian Counselors. In recovery himself, Jerry brings compassion and first-hand understanding about how critical it is to break the cycle of addiction and compulsive behaviors in the family as well as within the professional world.



Community Workshop

“True Companion: A Husband’s Perspective”

Chris Blum, ME and Lee Wolfe Blum

Abstract: Fifteen years ago two people fell in love. Two longtime Christians who could quote Bible verses in their sleep, but Lee couldn’t cope with the overwhelming emotions as she battled her eating disorder. This workshop is their story.

Summary: Chris struggled to make sense of a disease that began affecting his life too. Trying desperately to hide her secret sham and maintain the façade of the golden girl who had it all together, Lee’s relationship with Ed – or the eating disorder – grew to be the only thing that numbed the pain of everyday life. For Chris, he became increasingly frustrated that Lee couldn’t let go of her obsessions as well as why she couldn’t “let go and let God.” Furthermore, very few resources were available for Chris to learn from. And now, fifteen years later, Lee is living a life of freedom and both are passionately working in the field to make a difference for those who struggle with an eating disorder and the loved ones who get sucked in the maze with them. Join this couple as they share their hopeful and inspirational story with you. This session is beneficial for anyone who has a loved one struggling with an eating disorder, to learn firsthand what works in supporting them and what doesn’t, as well as treatment professionals who work with spouses, partners, and families of eating disorder sufferers.

Objectives:

1. Learn what works and what doesn’t work in supporting someone with an eating disorder, firsthand from a couple that lived through it.
2. The participant will be equipped with a better understanding of eating disorders and how they affect the families and loved ones who struggle, including research and outcomes of couples and families affected by this disease.
3. Learn what the loved one needs to do to protect himself/herself, including self-care and boundaries.

About the Presenters:

Chris and his wife Lee are writing a book titled *True Companion* together sharing their struggles and joys along the journey of Lee’s recovery targeting the book to husbands, spouses, and loved ones of those struggling with an eating disorder. Lee is also completing her memoir, *Accidental Peace*, about her journey into recovery.



Chris Blum, ME is a former Area Director for Young Life who now teaches Physical Education to high school students at a private school in St. Paul, MN. He has his Masters in Education and is a certified Strength and Conditioning Coach. He often finds himself helping students who struggle with eating disorders and cutting, using his experience with Lee as a backdrop. Chris runs his own fitness company www.outdoorfitnessclubs.com teaching healthy eating and exercise to women and men in the Twin Cities, and works as a Health Coach at Health Fitness. Chris also serves on the advisory board for the National Eating Disorders Association helping NEDA create appropriate tools for teachers.



Lee Wolfe Blum is a Health Educator at the Melrose Institute for eating disorders in Minneapolis, Minnesota where in addition to her job encouraging and educating patients on a day-to-day basis she runs a support group for friends and family of those affected by an eating disorder. She also creates and inspires patients, using the gifts she has gained from her own recovery, through her recovery workshops and curriculum. Lee is also writing curriculum at the Melrose Institute to be used in schools across the United States and leads the family programming retreats at Melrose.

Melrose Institute
Park Nicollet

Healing eating disorders together

GENERAL SESSION 2 (CE)

“God Does a Body Good: A Biblical Approach to the Body/Person Union”

Travis Stewart, LPC, Leanne Spencer, MAMFC, LPC

NBCC Topic Area: 3. Social and Cultural Foundations

Abstract: We live in a culture which overvalues and undervalues the body at the same time. On one hand we see the body as the ultimate “possession” which represents our status, value and sex appeal. At the same time others (including many in the church) give little to no value to the body, maintaining that a person is essentially only a soul. This confusion contributes to many of the eating, dieting and body image problems we face today. In this session we will discuss how to apply a corrective perspective from the Judeo/Christian scriptures which teach that God is in the process of providing “salvation” to the whole person, body and soul, resulting in a healthy, respectful treatment of the whole self.

Summary: The biblical view of the body neither overvalues nor undervalues the body but sees the person as an embodied whole. In this session we will more deeply explore how to make practical the biblical view of the body. We will learn how the current culture’s views of body image and personal identity contribute to disordered eating and body image disturbances, including how a lack of body awareness and consciousness contributes to body hatred, self-harm and eating disorders. We will explore the benefits of a holistic view of the body/person union, where every aspect of the person is valued, resulting in respecting the body for its beauty, functionality and as the basis of relationships as well as allowing for a regard for the person that extends to internal characteristics such as personality, temperament and gifting.

Objectives:

1. Understand how cultural views toward the body/person union have been shaped throughout history;
2. Identify certain aspects of Christian tradition which have devalued the body, contributing to disordered eating and body image disturbances;
3. Learn how a healthy Judeo/Christian view of the body/person union can be applied therapeutically to contribute to the overall healing process.

About the Presenters:



Travis Stewart, LPC is a Primary Therapist at Remuda Ranch Programs for Eating Disorders in Wickenburg, AZ, working with adolescent girls who are struggling with eating disorders, and their families. He is co-founder of The True Campaign – a campaign to end the crisis of distorted self image among women. He has also worked with the campus ministry of The Navigators at the Universities of Nebraska and Kansas, speaking to college students and training staff about eating disorders and body image issues. He is a graduate of Covenant Theological Seminary with a Master of Arts in Counseling (2001) and a Master of Arts, Theological Studies (2003). He lives outside of Phoenix with his wife Susan and two children, Laura and Spencer.



Leanne Spencer, MAMFC, LPC has two Master’s of Art degrees, one in Religious Education and the second in Marriage and Family Counseling from Southwestern Baptist Theological Seminary in Fort Worth, Texas. She is currently a therapist in private practice in Austin, TX, where she has a particular passion for working with those who struggle with body image as it relates to pregnancy. To that end, she has just begun work on her first book, *No, You Can’t Touch My Belly: Balancing Pregnancy and Identity in an Image-Conscious World*, set to release in 2011. She has served FINDINGbalance since 2002 as Adviser, Online Panelist, Board Member and Speaker. She and her husband Randy live in Austin with their two sons.



CE Workshop (Professionals Only)
“Digital Identity: The Pro-Ana/Pro-Mia Trend”
Dena Cabrera, PsyD

NBCC Topic Area: 3. Social and Cultural Foundations

Abstract: Understanding the role of digital media is extremely important when working with eating disorders. The growth of the Pro-Ana/Pro-Mia movements on the internet has coincided with individuals claiming their eating disorder as their identity. This workshop will assist professionals and parents on how to best respond to this growing trend.

Summary: Understanding the role of digital media in the formation of youthful identities is extremely important when working with adolescents and young adults with eating disorders. Digital media are providing young people with symbolic resources for constructing and expressing their own identities, creating a fascination and allure for pro-eating disorder websites. Eating disorder identities are being reinforced, encouraged, and supported through the use of these pro eating disorder sites. This workshop will discuss youth identity and digital media, particularly how such media impact vulnerable individuals at risk for or having eating disorders. Further, up-to-date research will expose the consequences of these pro eating disorder websites. This workshop will provide specific guidelines and support for parents regarding these issues as well as interventions for treatment professionals covering digital media and eating disorders. This presentation will be fun, interactive, and engaging, with the use of video clips, case presentations, and ample audience participation.

Objectives:

1. Identify the role of digital media in the formation of youthful identities and its connection to eating disorders;
2. Understand why eating disordered individuals create personal internet sites and the various attractions to pro- eating disorder websites;
3. Understand the impact of the Pro Ana/Pro Mia websites and how professionals and parents can effectively intervene.

About the Presenter:



Dena Cabrera, PsyD has been on staff at Remuda Ranch for more than ten years where she has been involved in program development, staff training, and supervision of clinical practice. She received her Bachelors in Psychology in 1992 from The University of California, Los Angeles. She went on to earn her Masters in Clinical Psychology (1995) and her Doctorate (2008) from the California School of Professional Psychology, Los Angeles. Dr. Cabrera has spoken extensively on eating disorders, including awareness, prevention, and advocacy. She presents to national audiences on treatments for difficult mental health problems and has written for *Christian Counseling Today* and *The Remuda Review* journal. She resides in Phoenix, AZ with her husband and two children.



experientials

“Yadah” Movement Class with Ashley Warren

Yadah is living exercise...designed to strengthen the whole person with specific postures, focused movements, and defined meditations. It is based upon the Hebrew alphabet, as each character contained within it represents an aspect of God’s nature and pure goodness. As we give attention to Truth in body-soul-spirit, we learn to cooperate with Goodness in the graceful transformation to wholeness.



Ashley Warren is a Denver, CO, based creative, who has spent her recent years developing Yadah, an inspirational art form that joins body-soul-spirit in worship of the True Original, the Creator of all. Ashley is married to Todd Warren. Together, they are traveling music artists who love to express the goodness of God and tell His redemption story in their own words and with their lives. They have four wonderful, energetic children who keep everything moving with speed.

“The Body Sacred” Body Image Workshop with Misty Rees

Summary: Body image is NOT a simple, singular thing. Body image is one of the most complex aspects to address in the eating disorder population because it impacts all components of the treatment process: physical, emotional, and spiritual. This experiential workshop will help you to understand and navigate through your own body image story as well as your clients. The core of body image issues are not about the body shape or size, but unrecognized emotional and physical trauma IN the body. This workshop aims to inspire you to transform you relationship with you body so as to be a “believing mirror” for those you encounter that see the body as an enemy versus a sacred blessing.



Misty Rees, CEDS is the Program Director for Selah House. Misty is a graduate of the University of Evansville and completed her CEDS training at Saddleback College Eating Disorder Institute. She has experience working with individuals, groups, and families affected by eating disorders since 1994, and does numerous speaking engagements throughout the Midwest and the United States. She has been recovered from anorexia for 19 years.



Guided Hike with Chris Blum

Explore the beautiful Colorado hills in this guided hike with Chris. (Proper footwear please, no flip-flops)



Chris Blum, ME is a former Area Director for Young Life who now teaches Physical Education to high school students at a private school in ST. Paul Minnesota. Chris has his Masters in Education and is a certified Strength and Conditioning Coach where he is active in helping students develop balance fitness habits. Chris runs his own fitness company www.outdoorfitnessclubs.com teaching healthy eating and exercise to women and men in the Twin Cities.

GENERAL SESSION 3 (CE)

“Resolving Eating Issues by Addressing Internal Boundaries in Relationships”

John Townsend, PhD

NBCC Topic Area: 1. Counseling Theory/Practice and the Helping Relationship

Abstract: Food issues are often a symptom of deeper character struggles for an individual. This talk presents an approach to determining the underlying relational and boundary dynamics which drive problems with food, and offers practical instruction for resolving them.

Summary: We tend to do with food what we do with relationships, both externally and symbolically within. Struggles with eating are often driven by problems with trust, attachment, personal definition, boundaries and integration, among other issues. This session provides diagnostic information on the particular issues eating disordered individuals deal with, as well as steps to resolve them. This talk will incorporate principles and skill sets to help the struggler, as well as those who are helping them, find success and healing.

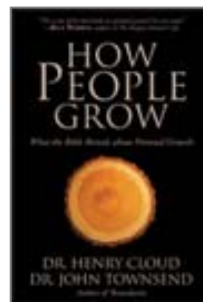
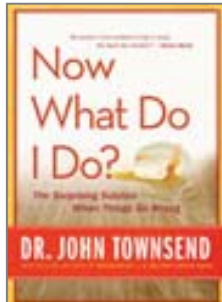
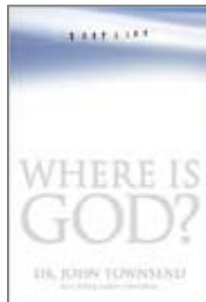
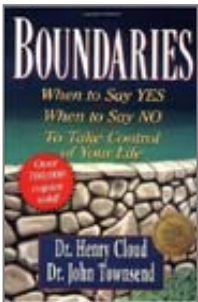
Objectives:

1. Gain understanding of the influence of boundary-related character issues on one’s relationship with food;
2. View a diagnostic for determining which particular issues are contributing to an eating disorder;
3. Learn practical skill sets for resolving the issues.

About the Presenter:



Dr. John Townsend is a psychologist, author, speaker, leadership coach and consultant who, for more than two decades, has been helping millions of people grow spiritually, emotionally and relationally. A prolific writer, he has authored or co-authored 21 books, selling over 5 million copies, including the 2 million-seller Gold Medallion Award winning book *Boundaries*. Dr. Townsend also conducts Boundaries Boot Camp, an experiential weekend to help people grow in personal empowerment. In addition, Dr. Townsend co-founded and co-directs the Ultimate Leadership Workshop, a week-long growth experience for a variety of leaders. Born and raised in North Carolina, Dr. Townsend earned his BA in psychology at North Carolina State University, graduating with honors. He went on to obtain his Master of Theology degree from Dallas Theological Seminary, again with honors, and then his Masters and PhD in clinical psychology from Biola University in California. Dr. Townsend, along with his wife and sons, lives in Southern California.



concert

JJ Heller



JJ Heller's musical career was birthed through the death of a dream to play college basketball. A disappointing basketball debut her freshman year of college led her to pick up a guitar during her sophomore year of school.

That same year, JJ met her future husband, David Heller; shortly thereafter the couple began playing her songs in the San Francisco Bay Area.

"I grew up loving creative writing. Once I learned to play the guitar, song writing came with it," said JJ, who has been a full-time singer/songwriter since the spring of 2003.

Six years later, with a hit radio single, "Your Hands," and three full-length records, JJ's acoustic-folk sound and heartfelt lyrics have netted the Phoenix-based artist a loyal following.

"I feel called to be honest about what's going on in my life – to talk and sing about the struggles that I face so that my listeners realize that they are not alone," explains JJ. "For some reason, Christians (including myself) sometimes think, 'if I'm following the Lord and doing the best I can, life will be easy,' and it's not. That's where grace comes in, and that's where we grow."

Music and grace aren't the only things growing in the Heller household these days. In December of 2009 their little girl, Lucy Love, turned one year old.

JJ says the themes of hope and redemption showcased on their new album, "Painted Red," largely draw from the life experience leading up to Lucy's birth.

"We have the choice to live in fear, or to live in the hope that God is in every moment with us." JJ says. "That's one of the major themes of this season in my life." It's a theme reflected in her song "Your Hands" – *'When my world is shaking, heaven stands, When my heart is breaking, I never leave Your hands.'*

Booking information:

www.jjheller.com

All of JJ's cd's can be found at her website, www.jjheller.com:



GENERAL SESSION 4

“Awakening: Realizing I Cannot Control My World”

John Lynch

Summary: We’ve all bought into The Lie in one form or another. Some event from our past sticks to our souls, and continually whispers, *“that event, that failure, or that which was done to you – it will now define you. It is who you will always be, no matter what you try to fix or change or believe.”* That voice is called shame. It causes us to rewrite our story to overstate either our greatness or our inadequacy. Eventually we awaken to the pain of realizing we can’t control our lives the way we thought we could. And we are not crazy about who we believe we are. And we realize we are stuck with dozens of unresolved issues whose symptoms we are trying to “fix” without the help of anyone else. BUT... what if there was a greater power, a greater magic that could trump The Lie and free us from our self-imprisonment? What if there was a place with God (and with a few others) where the worst about us could be known and we’d discover that we would not be loved less, but more, in the telling of it? The answer is that our unresolved issues would begin to heal and we would begin to grow whole. And this magic is for such as us.

Objectives:

1. Understand the devastating role of shame and how it leads us to create a “false-self”.
2. Recognize the destructive power of hiding in our unresolved issues.
3. Find hope for discovering a life free of The Lie, and in finding the magnificent power of embracing our True identity.

About the Presenter:



John Lynch is a vital member of TrueFaced (formerly known as Leadership Catalyst), a ministry based in the Phoenix area. He also serves as teaching pastor at Open Door Fellowship in Phoenix, Arizona, a position that he has held since 1985. In addition to speaking and leading seminars nationally, John has co-authored a number of books including *TrueFaced: Trust God and Others with Who You Really Are* and *Bo’s Café*, a novel released by Windblown (*The Shack*) in 2009. He also serves as “Trail Guide” on the TrueFaced Experience DVD, and edited *Beyond Your Best*, a condensation of TrueFaced-Leadership Catalyst’s first full-length book, *The Ascent of a Leader*. John was equipped for this ministry at Talbot Seminary and applies the life changing TrueFaced message in this real-world ministry community. He has also invested his love for writing and performing as co-founder and playwright for Sharkey Productions, a theater troupe focused on Gospel-anchored theater productions for those still seeking Christ. John and his wife Stacey have three children Caleb, Amy and Carly.

truefaced
discovering grace

