

*Why can't I seem to lose weight?*  
*Why don't diets work (anymore)?*  
*Why do I eat more when I am upset,  
lonely or tired?*

**Come to learn if your food  
issues could be helped with this  
treatment approach.**

**June 12 – 14, 2015**

**LOCATION:** UMass Memorial Medical  
Center/UMass Medical School, University  
Campus. Shaw Building, 2<sup>nd</sup> floor (Preventive  
& Behavioral Medicine)  
419 Belmont Street, Worcester, MA  
(corner of Rt9/Belmont St & Lake Ave North)

**Friday:** Introduction to Food Addiction  
Seminar  
7:00 p.m. – 9:00 p.m. **No Cost**

**Saturday:** ACORN Workshop  
9:00 a.m. – 5:00 p.m.  
**\$100**

**Sunday:** Process Groups  
9:00 a.m. – 5:00 p.m.  
**\$100**

**TO REGISTER:** Contact Raynea at 941-378-  
2122 or [rmccumber@foodaddiction.com](mailto:rmccumber@foodaddiction.com).  
You may also register online at  
[foodaddiction.com](http://foodaddiction.com).

**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 introductory workshop sponsored  
by the UMass Department of Psychiatry and  
the Food Addiction Institute**



## ***Food for Thought***

**A seminar to explore the complicated role food plays in our lives.  
Internationally known expert and author on food addiction shares  
personal and professional experience with these issues.**

- Learn the difference between a **normal eater, an emotional eater and a food addict** and how this information could benefit you.
- What's really behind the "**obesity epidemic**" and the multi-billion dollar weight loss industry?
- Scientific evidence that **food addiction** (especially to sugar, salt and fat) is no joke and is just as powerful as addiction to cocaine or alcohol.
- Why **eliminating** key foods, developing a daily practice of recommended tools and steps and finding spiritual and social support to make the necessary lifestyle changes may not be as drastic as it sounds.

**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.



**ACORN Food Dependency Recovery Services, Sarasota, FL**  
941-378-2122 | [foodaddiction.com](http://foodaddiction.com) | [rmccumber@foodaddiction.com](mailto:rmccumber@foodaddiction.com)

**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.



## Friday night lecture:

### Objective:

- **To explain the difference between physical obesity, psychological eating disorders and chemical dependency on food, i.e., food addiction.** There is great confusion even in the medical community that these are three very different diseases, and they each call for a very different treatment. Many, if not most, of those who are overweight have all three diseases.
- **To summarize the most recent scientific research on food addiction or food as a substance use disorder.** Food addiction is the least understood among the major contributors to the obesity epidemic. The science substantiating the diagnosis of food as a substance use disorder is all quite new, and, as in the treatment of alcoholism and other drug addictions, teaching the nature of the disease is an essential part of treatment.
- **To introduce the basics of food addiction treatment at each of its progressive stages: pre-disease, early stage, middle stage and late stage.** Those who are not food addicted need to be introduced to the problem since 80% of processed food now contains sugar and other potentially addictive substances; one can become chemically dependent just from overeating these foods. Early Stage food addiction looks much like repetitive dieting, Middle Stage food addiction has similar characteristics with eating disorders, and Late Stage food addiction is seldom helped by surgery. How do you tell if you are food addicted? At what stage? And what is basic treatment for each?

## Saturday workshop:

The morning will begin with a five-minute summary of the previous night's lecture and time for more in-depth discussion, questions and answers. Each participant will have an opportunity to rigorously self-assess whether or not they are food addicted and, if so, at what stage. This will be followed by a definition of physical food addiction abstinence, and an *option* to try being food abstinent at lunch.

The afternoon will begin with sharing about the experience of being abstinent for those who tried the experiment or who are already doing a food addiction recovery program. There will be a demonstration of one way to inventory food slips or breaks in abstinence – physically, mentally, emotionally and spiritually – followed with a presentation of ways to make changes at each of these levels. The workshop will end with a focus on the most difficult problem in food addiction recovery – challenging food addiction denial.

Those who will be attending the Sunday process group will be invited to commit to an abstinent dinner and breakfast (optional) and a simple recovery assignment.

## Sunday process group:

This day will be an opportunity to learn about food addiction recovery by “acting as if” we are food addicts in a process group. The group will begin with introductions: your name and if you think you are food addicted, what specific food(s) you may be powerless over, whether or not you are food addiction abstinent, what you are feeling in the present, your experience in the disease and in recovery, if any, and what your goal is for the day. If a term is not understood, e.g. food abstinent, we will pause and address it in the group. After introductions are complete, each person will work on the issue they bring to the group.

This type of process group is a primary approach to experiential learning in food addiction treatment. Everyone proceeds at their own level of experience and need. Those new to recovery learn from those with more experience. Those who are abstinent or have more recovery experience are reminded of what it used to be like and have the opportunity to learn by giving feedback. Most of the work will be aimed at helping individuals work on their recovery following the workshop – either on their own or in a 12-Step format. The process group will conclude with an exercise in which participants can make an individual plan for what they are going to do next for their problem with weight, emotional eating and food addiction.

# Directions to the University Campus of UMass Worcester

## By Automobile

**From the Mass Pike:**

**Eastbound:** At exit 10, take I-290 east to exit 21, turn right at end of ramp and follow Plantation Street south.

**Westbound:** At exit 11, turn left onto Route 122 north for one mile, turn right at third light onto Sunderland road, left at first light onto Lake Avenue for 2.5 miles and cross Route 9. Make U-turn at second break in divider, then turn right into campus.

**From I-495:**

**Northbound:** At exit 23, take Route 9 west. Follow Route 9 west for approximately 11 miles. After crossing the Lake Quinsigamond bridge, take first right onto Lake Avenue.

**Southbound:** At exit 25, take I-290 west to exit 22, turn right at end of ramp, at second traffic light turn left at onto Plantation Street and proceed south.

**From I-190:**

At the merge with I-290 Shrewsbury exit (watch for exit ramp on left), take I-290 east to exit 21, turn right at end of ramp and follow Plantation Street south.

**From I-290:**

**Eastbound:** At exit 21, turn right at end of ramp and follow Plantation Street south.

**Westbound:** At exit 22, turn right at end of ramp, at second traffic light turn left onto Plantation Street and proceed south.

PLANTATION STREET  
PARKING GARAGE  
UNRESERVED

# UMASS MEDICAL SCHOOL UNIVERSITY CAMPUS MAP

