

CUYAHOGA VALLEY CHURCH AND WEST SHORE CENTER FOR EATING DISORDERS PRESENTS

A WORKSHOP ON

IMPERFECT AND LOVED BY GOD: EATING DISORDER WORKSHOP

SUNDAY, JUNE 13, 2010
5:00 PM – 6:30 PM

CUYAHOGA VALLEY CHURCH
5055 EAST WALLINGS ROAD
BROADVIEW HEIGHTS, OH 44147

SEMINAR SPEAKERS

STEPHANIE SPISAK, M.A., L.P.C./ CR

Stephanie Spisak is a Licensed Professional Counselor at C.J. Hendry and Associates where she combines the transformative worlds of professional counseling, art therapy, and spirituality to empower and strengthen children, adolescents, and adults. Ever since dedicating her life to Christ, she delights in God's direction and provision wherever life leads her while releasing His compassion and love to those that cross her path along the way. This includes traveling all over the world to transform the lives of those in desperate need such as neglected and abused orphans in Kenya, sexually abused victims at a Rape Crisis Center, drug and alcohol addicts in recovery, and abandoned inner-city children.

TIFFANY INGERSOL, B.A.

Tiffany Ingersoll, C.T. & Vice-Chair of ED Advocates of Ohio
Tiffany is currently working on her M.A. in Clinical Counseling at Ashland Theological Seminary and completing her internship at C.J. Hendry & Associates. As part of her internship she is also helping out with the West Shore Center for Eating Disorders' Intensive Outpatient Program that launched at C.J. Hendry & Associates, Inc. in early 2010. She received her B.A. from Kent State University in Psychology in 2003 and helped start Ohio's first Eating Disorder Anonymous (EDA) group in Cleveland. In 2006 Tiffany joined forces with Eating Disorder Advocates of Ohio and became their Vice-Chair quickly thereafter. At the same time she also helped form an EDA group in Akron and continued serving that group until she began her graduate work in 2008. She is a member of the Ohio Counseling Association and the American Association of Christian Counselors. She is certified as a facilitator in the HERD Program and has completed her level one training to become a certified facilitator for EAGALA; both are a types of Equine Assisted Psychotherapy, which has shown to be an effective adjunct therapy for eating disorders.

RYAN EDLIND, M.S., M.S.W., L.I.S.W.-S.

Pastor Ryan Edlind directs the Care Ministries at CVC. Ryan has been involved with providing counseling services since 1996. He completed graduate work toward an M.Div. at Baptist Bible Seminary, and completed both a M.S. in Christian Counseling from Philadelphia Biblical University and Master of Social Work from New York University. He is also a Licensed Independent Social Work Supervisor in Ohio, with experience in psychiatry and church settings. Ryan desires to serve God, the people of CVC, and surrounding communities by offering authentic care, biblically guided hope, and spiritual direction. He currently does not provide professional counseling services.

SEMINAR OUTLINE5-6:30 PM

I. Introduction – Pastor Ryan Edlind
   a. Welcome
   b. Limits and Disclaimers
   c. Overview of Workshop
   d. The Church's Response to Eating Related Dysfunction and Disorders

II. CD Testimony #1

III. Statistics on Eating Disorders

IV. Myths and Facts on Eating Disorders

V. Basic Education on Dysfunctional Eating and Exercise Habits

VI. Discussion on the Influence of Culture, Media, and Peer Relations

VII. CD Testimony #2

VIII. Neighborhood metaphor

IX. Biblical Perspective on Eating Dysfunction and Disorders

X. Questions for Audience

XI. CD Testimony #3

XII. 6:20 p.m. Q & A- Team Discussion with Tiffany, Stephanie, and Ryan

SEMINAR OVERVIEW

Eating Disorders are a serious problem affecting our families, friends and community. This seminar will equip people who are dealing with eating disorders and the people who love them. We will help conceptualize, identify, and claim our stories of dealing with Eating Disorders by:

- ***BREAKING SILENCE:*** Raise awareness and learn more about the realities of eating disorders in our church and community
- ***SPEAKING TRUTH:*** Know about the basic dynamics of eating disorders and understand God's view of emotional healing, growth, through safe (therapeutic) relationships
- ***RELEASING VISION:*** Guide people who have been dealing with eating disorders to journey forward and create with the life God has given them- to the glory of God

Description

Stories percolate stories. Whether you are in a counseling practice, in a church setting, or living in a community you will encounter people who dealing with eating disorders. Christian homes are not immune to the problems with eating disorders. There is secrecy and pain happening behind closed doors in our community that must be exposed for God's light of truth. We long to see his love penetrate and bring healing to all affected. This workshop is designed to equip you to listen and provide basic spiritual care for people with knowledge and compassion for those suffering with an eating disorder.

Recommended Reading

Please see "Books" in Resource Section

General Assumptions:

- Our primary goal at CVC is to help you to Love God, Love One Another, and Love the World, it is not to alleviate pain. The ultimate goal is not pain relief, but love.
- Growth always involves time and struggle. Commitment and knowledge are valuable, but they cannot replace time and struggle.
- It takes a lifetime to grow. We may or may not use "recovery" concepts because we cannot be fully recovered from the sin that exists in life until effect of sin is erased (when we are with God in heaven).
- We can hope for substantial healing from God on earth, but never full recovery until heaven.
- We cannot do life stuff alone, yet no one can do life for you.
- Our struggles are threefold- 1) we struggle with ourselves: who am I? Why am I here? Why do I do the things I do? How can I change? 2) We struggle with others: given people hurt us, how should we deal with them? 3) We struggle with God: Without God we would be free to sin, break rules, detach from people, and be irresponsible. (Adapted from Dan Allender's Wounded Heart Workbook, 2008.)

Personal Commitments...

- I will go at the speed that works for me, and stop or slow to gain more out of it.
- I will not use this workshop to damage or judge myself- and will stop listening until I am ready to do this with God's help.
- I will move in the direction that seems consistent with God's plan for me.
- At some point I will open the door to community to help me in my struggle. I will allow another person to see my struggle, and I won't make myself do it all alone.
- I will move through a process, not just complete an event of healing and growth.
- I will seek professional treatment if that is what I need- as this workshop and church ministry cannot and should not attempt to replicate mental health or medical care.

Seminar Goals:

Upon completion of the seminar participants should be able to:

1. Demonstrate an awareness of the realities of eating disorders in the church and the community
2. Understand what eating disorders are, including a Biblical framework of how God views healing and growth through a problem with eating.
3. Understand the dynamics of eating disorders.
4. Understand the some common problems facing people who are dealing with eating disorders and learn how to help them take the next steps toward spiritual growth.
5. Effectively listen and speak with vision when a person shares their story of eating disorders.
6. Demonstrate an ability to refer people dealing with eating disorders to helpful appropriate services and resources.

NOTES



West Shore Center for Eating Disorders and Cuyahoga Valley Church presents

WORKSHOP ON
Eating Disorders

Definition and Direction in Addressing Eating Disorders

How Can We Define ED?
Why Does It Hurt So Much?
What Happened? What Went Wrong?
What Needs To Happen Now?
What Does Change and Growth Look Like?
Who Can Help? How Can They Help?
What Can We Hope For?

Overview of Workshop

This seminar will equip people to identify, conceptualize, and claim their story of facing an eating disorder. We want to help people find a healthy and safe context to take next steps toward sharing their story. We will accomplish this by:

- Breaking Silence
- Speaking Truth
- Releasing Vision

The Church's Response to Eating Disorders

- Blame Victims or Avoid People's Problems
- Withdrawal and Silence
- Passive Support
- Active Support and Vision for New Beginnings

Biblical Framework

1 John 2:15-16	1 Sam. 16:7	Prov. 31:10
Phil.4:8	Ps. 84:1	Matt. 5:5
2 Cor. 12:19	1 Cor. 6:19-20	Prov. 4:23
Ephesians 6:12	Ps. 45:11	* See back of handout to view these verses.
1 Pet. 3:3-4		

A Few Statistics…

- For women between 18-25, more than half would rather be run over by a truck than be fat. 2/3 would choose being mean or stupid over fat.
- The number one wish of teen girls 11-17 is to lose weight.
- 20% of UNDERWEIGHT adolescents actively diet. 91% college women have dieted to control their weight; 22% dieted often or always.
- 40% of new ID cases of anorexia are girls between 15 and 19.
- Anorexia has been increasing every year since 1930. Cases have doubled in the past 10 years. Bulimia has tripled in the past 15 years.

Albert Einstein

"We can't solve problems by using the same kind of thinking we used when we created them."

Questions for the audience:

- How can God use your flaws for His glory?
- If culture's view of beauty is constantly changing over time, how do we cultivate a lasting beauty?
- What do you think of when u hear the word *temple*?

ADDITIONAL NOTES

Directions for Your Journey

Prepared by Ann Hollo ©2009

WHY AM I HERE?

"You desire truth in the hidden places..." Psalm 51:6

To begin the process of change, you must name the truth...
Nothing will change if you are not willing to exchange lies for truth...

You have a choice to hide your scars or bear the beauty of them...your story does not belong to you alone..your story is always evolving and is not over yet....

UNANSWERED QUESTIONS

Where in your life have you not been able to receive the kindness of God?
How would you live if you owned no fear?
How would you live if shame and silence did not have a hold on you?
How would you live if you allowed others to suffer with you?

LIES

Evil wants to destroy your beauty; it wishes to destroy faith, hope and love thru betrayal...
Its intention is to destroy God's glory...
Evil tempts you to deny the true goodness and kindness of God...
Evil seduces you to never mourn for yourself and tempts you not to change or go forward from where you are today.....
"Greater is He who is in you, than he who is in the world" I John 4:4

TRUTH

Would you rather carry the load He has for you or the load you have given yourself?...who is better prepared to lead?

"Take my yoke upon you and learn from me, for I am gentle and lowly in heart, and you will find rest in your souls..." Matt 11:29,30

'MAY THE GOD OF ALL GRACE, AFTER YOU HAVE SUFFERED FOR AWHILE, PERFECT, ESTABLISH AND STRENGTHEN YOU ....HE WILL SETTLE AND RESTORE YOU!" 1 Peter 5:7-11

The Emergency List

Prepared by Nancy Broadbent © 2009

This is a lifesaver (sometimes literally) for anyone healing from the effects of eating disorders, abuse, violence or trauma. The idea is simple. When you are feeling relatively well, make a list of things that you know will help you when you are feeling anxious, panicky, ungrounded or feel like you want to hurt yourself. Keep a copy of the list with you at all times.

What goes on the list:
Telephone numbers: When you are feeling OK, arrange with 2 TRUSTED allies of your healing process to call them when you are needy. These can be your therapist, a sponsor or friend in a twelve step program, a minister, or a really good non-judgmental friend. It's ideal to have someone to call who has been down the same road ahead of you and is now thriving. If you sometimes feel suicidal, also include the number of a suicide hot line. Program these numbers into your speed dial.

Reminders of things that you can do: These are things that are simple and quick to implement that shift your mood and soothe you. It's important that you include only things that are healthy, non-addictive and that are simple and quick to implement.

How to use it: When you feel yourself going into a tailspin, pull out your list. Pick an activity or phone one of your allies. If one thing does not work, pick another one. Remember, feelings are not facts, and "this too shall pass".

Sample Emergency List (yours will be different)

1. Call Susan (XXX)XXX-XXXX (speed dial 7)
2. Call Dr. Franks (XXX)XXX-XXXX (speed dial 8)
3. Play Vivaldi's "Glorias" (on my ipod)
4. Read August 4, 2007 entry from My Success Journal
5. Read the Bible! (add bookmarks of specific verses that have helped me)
6. Curl up with my cats under a blanket
8. Look at photos of me with my Grandmother when I was little
9. Go for a run with the dog
10. Take a bath with lavender bath salts

The News Diet

Prepared by Nancy Broadbent ©2008

One of the most basic and simple things I have done to support the healing process has given me the most profound results. I have put myself on a news diet. Now, some of you will say, "of course" and some of you will think this is truly radical and not-doable. Here's how it works for me.

In the aftermath of September 11th, 2001, I became a news junkie, as did many other Americans. It's understandable that we would want to glue ourselves to the 24/7 news coverage that emerged at that time. We truly were in peril, and we needed to know what was happening and how to take care of ourselves in the dangerous new world we are inhabiting. It does not take very long to create a habit, and so long after things had settled down again in the US, I found myself anxiously tuning in at all hours. The media were happy to oblige me with a steady diet of negative and depressing news, via TV, radio, internet & (that slowly dying dinosaur) print.

In order to disengage from my (self-created) insanity, and to free up precious time and energy to heal and to do the things I was being called to do, I embarked on a news moratorium. It was tough at first and I did suffer from withdrawal for a short time.

I reasoned that if anything truly important happened in my world, whether at a local or macro level, someone would make sure that I knew about it. This proved to be true when a depressed and intoxicated man on my street barricaded himself in his house with a shotgun and I got a call from someone I had not seen in five years telling me about it, and enquiring about whether it was my husband!

In order to be sure I didn't miss anything truly important, I asked a friend who thrives on news and politics to send me an email if she thought something warranted my attention. She has done this faithfully, and in the years since I made the decision, I've only been alerted to current events 2-3 times per year.

We all know the news is predominantly negative, but I had no idea just how big of an impact it was making on my well-being and productivity until I eliminated it. If you don't think you can do this - consider this: we all have a sphere of interest that is larger than our sphere of influence. If we spend our time thinking and worrying about the things we can't do anything about, it limits our time and ability to affect the things we CAN do something about. If we focus on those thing which truly are within our ability to change, our sphere of influence is likely to grow, perhaps to the point where we can re-engage with parts of the world that we have chosen to temporarily ignore .

PROFESSIONAL COUNSELING CENTERS, WEBSITES, AND MINISTRIES

West Shore Center For Eating Disorders (a subsidiary of) CJ Hendry & Associates (www.cjhendry.com) 25000 Center Ridge Road, Suite 6 Westlake, OH 44145. (440) 892-7034

An Intensive Outpatient Program for anyone (male or female) seeking the treatment of an eating disorder and they can provide individual counseling if desired.

Cleveland Center for Eating Disorders: 25550 Chagrin Blvd., Chagrin Richmond Plaza, Suite 200, Beachwood, OH 44122. 216-765-0500

A Partial Hospitalization program for anyone (male or female) seeking treatment for an eating disorder.

New Beginnings Eating Disorder Center: 3632 West Market St., Suite 104, Akron, OH 44333. 330-808-1311

Intensive Outpatient Program for adults (male or female) with an eating disorder and they can provide individual counseling is desired for all ages.

Eating Disorder Advocates of Ohio: www.edadvocatesofohio.com

Local non-profit group that provides local and national resources for the treatment of eating disorders and whom provides multiple services to the community.

National Eating Disorders Association: www.nationaleatingdisorders.org

Great national resource that provides content for all persons involve with an individual whom has an eating disorder. There are many resource guides for men and women, girls and boys. Whether you are seeking treatment or know someone who has an eating disorder this website can help.

Renfrew Center: www.renfrewcenter.com

The Renfrew Center is a residential treatment center for persons struggling with eating disorders. They are the first residential program to be established in the United States and are widely viewed as the "gold" standard in treatment.

Please see presenters for more information and business cards.

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Tiffany's "Favorites": ED Related Books…

Schaefer, J. and Rutledge, T. (2003). **Life Without ED**: How one woman declared independence from her eating disorder and how you can too. McGraw-Hill: USA.

> Has some Christian overtones. This is a great book about one woman's journey overcoming an eating disorder, plus inserts from her therapist. The chapters are short, yet powerful and contain some great activities to try.

Cash, T. F. (1997). **The Body Image Workbook**: An 8-step program for learning to like your looks. New Harbinger Publications: Oakland.

> Not Christian, but contains good activities and insight into our bodies and they way we view them. Is designed to help you overcome poor body image, which is often a key facet in eating disorders.

Lucado, M. (2008). **Facing Your Giants**: The God Who Made a Miracle Out of David Stands Ready to Make One Out of You. Thomas Nelson, Inc.: Nashville.

> Christian book that is not about eating disorders, but provides great spiritual direction on how to overcome this "giant" (the eating disorder) and any other "giants" that might be keeping you back from living the life God has planned for you.

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Key Scriptures:

1 John 2:15-16 (NIV) 15Do not love the world or anything in the world. If anyone loves the world, the love of the Father is not in him. 16For everything in the world—the cravings of sinful man, the lust of his eyes and the boasting of what he has and does—comes not from the Father but from the world.

Philippians 4:8 (NIV) 8Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

2 Corinthians 12:9 (NIV)9But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me.

Ephesians 6:12 (NIV)12For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.

1 Peter 3:3-4 (ESV)3(A) Do not let your adorning be external—the braiding of hair and the putting on of gold jewelry, or the clothing you wear— 4but let your adorning be(B) the hidden person of the heart with the imperishable beauty of a gentle and quiet spirit, which in God's sight is very precious.

1 Samuel 16:7 (ESV)7But the LORD said to Samuel,(A) "Do not look on his appearance or on the height of his stature, because I have rejected him. For the LORD sees not as man sees: man looks on the outward appearance,(B) but the LORD looks on the heart."

Psalm 84:1 (NIV) 1 How lovely is your dwelling place, O LORD Almighty!

1 Corinthians 6:19-20 (NIV)[19]Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; [20]you were bought at a price. Therefore honor God with your body.

Psalm 45:11(NIV) [11] The king is enthralled by your beauty; honor him, for he is your lord.

Proverbs 31:30 (ESV)[30] Charm is deceitful, and beauty is vain, but a woman who fears the LORD is to be praised.

Matthew 5:5 (NASB) [5]"Blessed are the gentle (or meek or humble), for they shall inherit the earth.

Proverbs 4:23 (NASB) [23]Watch over your heart with all diligence, For from it flow the springs of life.