

THOM RUTLEDGE'S **INTRAPERSONAL** THERAPY AS INTRODUCED
IN JENNI SCHAEFER'S *LIFE WITHOUT ED* & CHERYL KERRIGAN'S *TELLING ED NO!*

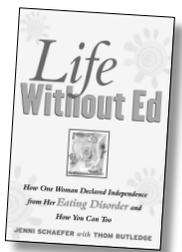
EATING DISORDER THE RECOVERY DECISION

RECOVERY FROM THE INSIDE OUT

Courage is to fear as light is to darkness. We don't turn off the dark; we turn on the light.

If you are familiar with Thom Rutledge's INTRApersonal Model for treating eating disorders, you will want to experience this opportunity to work directly with him in this interactive workshop. If you are not familiar with his approach, your way of looking at eating disorders is about to change drastically.

With the publication of *Life Without Ed* by Jenni Schaefer in collaboration with psychotherapist, Thom Rutledge, the vocabulary of eating disorder treatment began to change. The relationship metaphor resonated with eating disorder sufferers and with mental health professionals alike. Soon there was little need to explain that "Ed" was the personification of eating disorder and that treatment with Thom's INTRApersonal Change Process began when the person with eating disorder could imagine herself "in relationship" with Ed, rather than being synonymous with --- or possessed by --- the eating disorder.



This workshop is a combination of ...

- Didactic presentation of the application of this model specifically to assessment and treatment for eating disorders
- Demonstration of the model at work
- Interactional opportunities for participants to experience the work first hand.



The content and format of this workshop can be adapted to various time frames (half-day, full day, two day) and to various audiences (eating disorder clients, treating professionals or both). Thom's presentation style is always flexible, spontaneous and interactional.

In addition to this workshop, Thom is also available to spend more informal time with your staff, responding to questions or even sitting in with groups to observe/offer some feedback or to demonstrate his model with your clients.

Thom Rutledge is a psychotherapist and author in Nashville, TN. He has been featured on NBC's Today Show, CNN's Anderson Cooper, Australia's Channel 10 and has consulted with the Dr. Phil Show. He is internationally known for his clear, practical, innovative and entertaining keynotes, workshops and for professional training seminars. Thom is the author of several books, including *Embracing Fear* and *The Self-Forgiveness Handbook* and *The Greater Possibilities*.



FOR MORE INFORMATION, VISIT THOMRUTLEDGE.COM.

TO SCHEDULE A PROGRAM FOR YOUR ORGANIZATION, EMAIL THOMRUTLEDGEAUTHOR@GMAIL.COM.

SUBSCRIBE TO THOM'S PODCAST (WITH CO-HOST, DR. ALLEN BERGER) AT THOMRUTLEDGE.COM/STARTHERE