



# INFACT 5 -Day Intensive & Training

Hlíðardalsskóli – South of Reykjavik, Iceland  
November 5<sup>th</sup> to November 10<sup>th</sup>, 2019

Iceland awaits you! Participants in this five-day intensive and training will have the opportunity to learn by doing, through active participation. Gain first-hand knowledge of what Food Addiction treatment is like by experiencing it yourself!

<https://icelandroadguide.com/items/hlidardalsskoli/>

This special group will consist of INFACT students, as well as clients seeking Food Addiction treatment. Establishment of abstinence will be our highest priority, along with learning the tools necessary for continued recovery. Students will be introduced to models for MFM outpatient treatment, 'ShiFT – Recovery by Acorn' five-day treatment and thirty-day inpatient treatment. Time will be allotted for discussion among INFACT students.

Consistent with actual Food Addiction treatment, INFACT students are asked to refrain from outside interruptions: no telephones, T.V.s, computers or unrelated books. If an outside connection is essential, please speak with Esther Helga to make special arrangements. Each participant is assigned kitchen duty and asked to help keep lodging areas tidy.

**Counselors and lecturers:** Esther Helga Gudmundsdottir (MFM, INFACT); Phil Werdell, MA (Acorn/ShiFT, USA); Marty Lerner, PhD. (Milestones, USA).

**Kitchen and food support:** Agnes Thora Gudmundsdottir (MFM, INFACT).

**Lodging:** All participants stay at Hlidardalsskoli Retreat Center with shared-room accommodations (two-to-three per room).

**Emergency contact:** Please share this phone number with anyone who may need to reach you in the event of an emergency: (354) 699-2676

**Food Plan/abstinence:** An abstinence-based food plan will be followed which excludes sugar, starches and all foods and eating patterns which trigger pleasure centers in the brain. Each participant will be individually assessed before the intensive for appropriate measures regarding their abstinence plan. Please notify Esther Helga of any special dietary needs

so efforts can be made to try to accommodate them. On Wednesday, we will learn about food plans, and a plan will be individualized for each person. You will be assigned a co-sponsor.

**What must I bring?** A digital scale (preferably two, with extra batteries); warm clothing - including a warm sweater; shoes for inside and outside; swimsuit, toiletries (please do not use strongly perfumed toiletries because many are allergic); any necessary medications; and 12-step materials.

**What will be provided?** Bedding, towels, writing materials and pencils; coffee, tea; food, love and support. Transportation is available to/from Reykjavik to the Hlíðardalsskóli Retreat Center, for an added fee.

**Schedule:** Training begins with a participation in Reykjavik in a daylong seminar 9-15 on Tuesday, November 5<sup>th</sup>. The intensive course will start at 18 and continue through 2pm on Sunday, November 10<sup>th</sup>.

## Daily agenda:

7:00am .....Wake-up, exercise, personal care

7:30am .....Breakfast prep begins

8:00am .....BREAKFAST (gentle, slow and silent guided eating)

9:30am .....Community Meeting

10:00am .....Process Group: check-ins regarding abstinence, feelings, assignments and issues

12pm/Noon...LUNCH

1:30pm .....Food Addiction lectures and education

2:30pm .....Process Group - Check-ins regarding abstinence, feelings and issues

4:00pm .....Silent time for completion of writing assignments

6:00pm .....DINNER

7:30pm .....Evening Group or Twelve-Step meeting

11:00pm .....Lights Out