



INFACT 5 -Day Intensive & Training

Six Mile Lake Retreat – North of Toronto, Canada
September 27th to October 2nd, 2019

Canada 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://www.ontariocottagerentals.com/SixMileLakeRetreat/>

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, facilitators and lecturers: Esther Helga Gudmundsdottir (MFM, INFACT); Amanda Leigh (ShiFT/ Acorn); Dr. Vera Tarman, MD (Renascent).

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

Lodging: All participants stay at the Six Mile Lake 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 Saturday, 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? Please bring your own linens (sheets and pillowcases); bath towels and beach towels; a digital scale (preferably two, with extra batteries); warm clothing - including a warm sweater; shoes for inside and outside; a swimsuit; toiletries (please do not use strongly perfumed toiletries because many are allergic); any necessary medications; and 12-step materials.

What will be provided? Writing materials and pencils; pillows and comforters; coffee, tea; food, love and support. Transportation is available to/from Toronto to the retreat center, for an added fee.

Schedule: Training begins with a welcome session at the retreat center from 7-9pm on Friday, September 27th. The course will continue through 2pm on Wednesday, October 2nd.

Daily agenda:

7:00amWake-up, exercise, personal care

7:30amBreakfast prep begins

8:00amBREAKFAST (gentle, slow and silent guided eating)

9:30amCommunity Meeting

10:00amProcess Group: check-ins regarding abstinence, feelings, assignments and issues

12pm/Noon...LUNCH

1:30pmFood Addiction lectures and education

2:30pmProcess Group - Check-ins regarding abstinence, feelings and issues

4:00pmSilent time for completion of writing assignments

6:00pmDINNER

7:30pmEvening Group or Twelve-Step meeting

11:00pmLights Out