

# beyond eating disorders

*A Weekend Retreat for Eating Disorder Recovery  
with Thom Rutledge & Julie Merryman*

**DECLARE INDEPENDENCE FROM YOUR EATING DISORDER**

**March 11 - 13, 2011**

**Onsite Workshops • Cumberland Furnace, TN**

**Fee: \$1,185 • \$500 non-refundable deposit required  
INCLUDES WORKSHOP, TRANSPORTATION FROM THE  
NASHVILLE AIRPORT, LODGING & ALL MEALS**

## *Participants say...*

The Beyond Eating Disorders weekend at Onsite literally changed my life. I have been struggling and fighting with ED for over 11 years, I have read every book imaginable, gone to multiple therapists, tried every scam, researched every new age self-help theory, studied every religion in the world (literally), gone on trips all over the USA and the world trying to escape my eating disorder and "find myself." I have paid tens of thousands of dollars to try and "fix my problem." For the first time, I have truly found an inner peace, I have felt freedom. I can see light again. I can feel my joy slowly returning again. My spirit is renewed. I have the Onsite program, Thom Rutledge and Jules Merryman to thank for this profound change. Also, I have myself to thank for letting it finally happen. I am forever grateful, from the bottom of my heart. Burden lifted. Burden lifted.

... the most AMAZING weekend of my life! I have been in treatment a million times and with some of the "best" therapists money could buy (or so I thought at the time). HOWEVER, after this weekend I have a whole new appreciation for Thom and the amazing work he does. I consider myself in STRONG recovery and I still got soooo much out of the retreat. So if you just show up with a willing attitude, you are bound to get something out of it.

Showing up for this workshop was the scariest thing I have ever done, but I am so glad I did it. For the first time in my life, I felt understood. Thom and Jules really get it!

**For information or to register, contact Lizzy Curtis  
at [lizzy@onsiteworkshops.com](mailto:lizzy@onsiteworkshops.com) or 800-341-7432.**

# beyond eating disorders



**weekend workshops  
with Thom Rutledge  
and Julie Merryman**

Dear Ed-Busters:

I am writing this to anyone who has expressed an interest in participating, or have already participated with me in an eating disorder recovery workshop, and to those of you who have worked with me via telephone consultations. I want you to know about my new eating disorder recovery workshop called Beyond Eating Disorders. If you have identified with my approach to recovery described in any of my books, and/or in Jenni's book, *Life Without Ed*, this is your chance to roll up your sleeves and work with these methods first hand.

The weekend format will begin on a Friday evening and end at noon on Sunday, and will meet on the Onsite Workshops campus, in Cumberland Furnace, Tennessee, just outside of Nashville. The plan is to offer this workshop three (3) times a year: spring, summer and fall. Julie Merryman will be co-facilitating the program with me, and we hope some of you will want to join us.

The emphasis of my work lately has increasingly been on helping people to discover and develop their identity beyond eating disorder (thus: the title of the retreat). I have become increasingly aware of the need in recovery to consciously choose to do whatever it takes to move past the constant power struggle with "Ed," and on to the tasks Ed works so hard to get you to avoid: namely, discovering who you really are, and deciding who you want to be. As a group, we will be going wherever you are – be it at the beginning of recovery, or somewhere down Recovery Road --- to help you address whatever is the next best step for you to take. And if you are feeling stuck, we will most certainly get you unstuck.

Having said all of that, our promise to you is that our very top priority is always to help you feel as safe as is absolutely possible. Any of you who have worked with either Jules or me before, know how important that is to us. It is when we can feel safe, that the healing begins.

We are very happy to have found a home for our retreat at Onsite, a retreat center about an hour west of Nashville. To take a look at the Onsite campus, go to [www.onsiteworkshops.com](http://www.onsiteworkshops.com). Beautiful, big antebellum house at the center of it all, where we eat our meals, and drink coffee and tea on the porch. Excellent porch! Also, very cool meeting space for our workshop. The cabins where we stay are rustic in style, but we do remain in modern times, with hot and cold running water, electricity and such). Now if you do go look at the Onsite web site, listen: we meet on the Onsite campus, but we are not an "Onsite Program." So when you see the Onsite policies of no caffeine, no smoking, no cell phones, no laptops, understand that those are NOT our policies. First, if there were no caffeine, I wouldn't show up. Of course, we do want to respect the Onsite no-smoking tradition, so we will designate specific smoking areas. In regard to cell phones, blackberrys, lap tops and such, my experience is that, in the spirit of our collaborative "retreat," it can be very helpful to do your best to not become distracted by laptops and cell phones, but that will be up to you.

We are very excited about this program and really hope that you will want to join us. To register, you go through the Onsite offices, but to answer any questions about the program, and/or just moral support in standing up to Ed so you can come, you just talk to Jules and me. Our contact info follows here. We welcome your questions, so please don't hesitate to contact us.

**Thom: [thomrutledge@earthlink.net](mailto:thomrutledge@earthlink.net) (615) 327-3423 Julie: [JulieMerryman73@aol.com](mailto:JulieMerryman73@aol.com) (615) 406-8968**

**[Lizzy Curtis: lizzy@onsiteworkshops.com](mailto:lizzy@onsiteworkshops.com) (800) 341-7432**

*(Lizzy is the person to talk with when you have questions about registration.)*

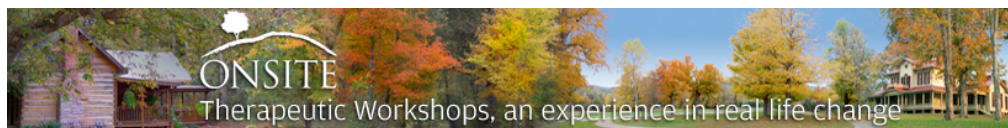
Hope to hear from you – and see someone of you -- soon. In the mean time, do your best to kick Ed's ass everyday.

*Thom*

Thom Rutledge



**This is the rainbow (double rainbow, if you look closely) that greeted us on the first day of last March's retreat.**



# ONSITE Workshops presents

## **beyond eating disorders**

*A Weekend Retreat for Eating Disorder Recovery  
with Thom Rutledge & Julie Merryman*

DECLARE INDEPENDENCE FROM YOUR EATING DISORDER

March 11 - 13, 2011 • ONSITE Campus in Cumberland Furnace, Tennessee

PARTICIPANTS MUST BE WOMEN AT LEAST 18 YEARS OLD

This weekend workshop is based on the philosophy and methodology of Thom Rutledge's INTRApersonal Therapy Model applied to the treatment of anorexia and bulimia. Thom's approach has been described in his book, *Embracing Fear*, and was introduced to the eating disorder field by a book based on his therapy with author, Jenni Schaefer (*Life Without Ed: How One Woman Declared Independence from Her Eating Disorder & How You Can Too*, McGraw-Hill, 2004). Jenni's book has helped, and continues to help, thousands of women around the world to confront and overcome their eating disorders by using Thom's Separation Method, in which people are taught to utilize a powerful relationship metaphor to free themselves from "Ed's" (acronym for eating disorder) tyrannical control.

The weekend is a blend of didactic presentation, group discussion, and therapeutic exercises. Like other ONSITE Programs, *Beyond Eating Disorders* includes experiential work: participants will experience first hand the power of Thom's Separation Method of eating disorder therapy. Because the program is interactional and group-centered, it is appropriate for people in all phases of recovery --- whether you are new to recovery or someone already in recovery in need of additional support.

Thom's co-facilitator for the weekend is Julie Merryman. "Jules," who has been working in the addiction and eating disorder treatment field for 12 years, brings her own unique and powerful presence to this experience. Thom and Jules have been working and developing programs together for the past 6 years. Working with them together is an invaluable opportunity.

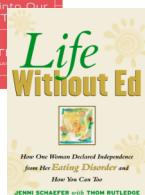
If you are sick and tired of the relentlessly destructive relationship with your eating disorder, join us to ...

- Break down the walls of isolation
- Find genuine connection with others
- Learn recovery techniques that really work
- Gain tangible hope for a life without Ed

Beware of Ed trying to stop you from attending by telling you things like...

- Your problems are not serious enough  
Or your problems are too serious, that you are beyond hope
- You have to "lose weight" before you deserve help  
Or you simply don't deserve help at all
- You should be able to recover on your own  
And going to this retreat would be an admission of weakness

Strength and independence are not about being able to do everything for yourself. True strength and independence are about recognizing that you have a legitimate need for help and that you deserve to find that help.



Beyond Eating Disorders is not a cure-all, not by a long shot. But this retreat can be the turning point you have been looking for. So whether you are early in your recovery or in need of a recovery refresher course, please join us to declare your independence from the culprit that has been robbing you of your life.

**Thom Rutledge** is the author of several books, including *Embracing Fear*, *Simple Truth*, and *The Power of Self-Forgiveness*. He has been a psychotherapist for almost 30 years and is known for his practical, down-to-earth approach to personal growth, and for his belief that there is nothing wrong with having some fun along the road-less-traveled. You can contact Thom directly at [thomrutledge@earthlink.net](mailto:thomrutledge@earthlink.net).

**Julie Merryman** has worked with eating disorder recovery in a variety of settings, both outpatient and residential. She is currently exploring the possibility of she and Thom developing a small residential program, specifically for highly motivated clients. She utilizes both her personal recovery and her extensive clinical experience to guide workshop participants respectfully and safely through obstacles that block recovery. You can contact Jules directly at [JulieMerryman73@aol.com](mailto:JulieMerryman73@aol.com).

**FREE DOWNLOAD**  
"Understanding Eating  
Disorder Recovery"  
[www.thomrutledge.com](http://www.thomrutledge.com)



*Showing up for this workshop was the scariest thing I have ever done, but I am so glad I did it. For the first time in my life, I felt understood. Thom and Jules really get it. -Jill T.*

*I finally know what I can really do to recover [from my eating disorder]. Thanks guys. - Sara W.*

Fee: \$1,185 • Includes program tuition, workshop materials, lodging and meals

FOR MORE INFORMATION ABOUT THIS WORKSHOP OR TO REGISTER:  
[www.onsiteworkshops.com](http://www.onsiteworkshops.com) • [lizzy@onsiteworkshops.com](mailto:lizzy@onsiteworkshops.com) • 800-341-7432

## What participants say about the **beyond eating disorders retreat** :

- I have been in "recovery" for many years but I didn't really understand that I truly could succeed at recovery until this weekend, when I learned such useful tools for dealing with Ed and for becoming so empowered.
- No matter what stage of recovery I have been in, I always get so much from these workshops.
- This workshop was so powerful! A true turning point for my recovery!! Thom and Jules are brilliant!
- One special memory will be feeling the support of the entire group. I haven't felt so happy and safe in a long time. I truly felt accepted there which was new to me.
- I learned more in 3 days than I did in 3 months in residential treatment.
- The Beyond Eating Disorders weekend at Onsite literally changed my life. I have been struggling and fighting with ED for over 11 years, I've read every book imaginable, gone to multiple therapists, tried every scam, researched every new-age self-help theory, studied every religion in the world (literally), gone on trips all over the USA and the world trying to escape my eating disorder and "find myself." I have paid tens-of-thousands of dollars to try and 'fix' my 'problem. For the first time in 11 years, I have truly found an inner peace, I have felt freedom. I can see light again, I can feel my joy slowly returning again. My spirit is renewed. I have the Onsite program, Thom Rutledge and Jules Merryman to thank for this profound change. Also, I have myself to thank for letting it finally happen. I am forever grateful, from the bottom of my heart. Burden lifted. Burden lifted. Burden lifted.

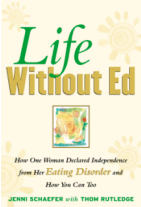
*Thom gets Ed.  
Ed hates Thom.*

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*If you would like to speak with someone who has previously participated in one of our retreats, just let us know. - Thom Rutledge (thomrutledge@earthlink.net)*

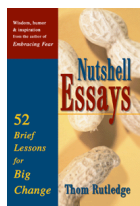
**TO REGISTER, contact Onsite Workshops at [intake@onsiteworkshops.com](mailto:intake@onsiteworkshops.com)  
or 800-341-7432**

# Books by Thom Rutledge



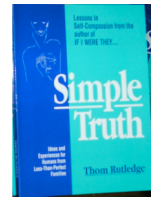
***Life Without Ed: How One Woman Declared Independence from Her Eating Disorder & How You Can Too*** is written by Jenni Schaefer with therapeutic exercises contributed by Thom. This is the story of Jenni's journey into recovery, with Thom as her therapist. Available through bookstores and online.

***Embracing Fear: How to Turn What Scares Us into Our Greatest Gift*** explores the one thing that we all have in common: fear. Thom contends that we waste our efforts and energy when we are trying to "get rid of" fear, and insists that the real task is to change our relationship with fear. Includes his four step plan (the acronym F.E.A.R.) for doing making that change. Readers of Life Without Ed will recognize Thom's separation methodology applied to changing our relationship with fear and shame.



***Nutshell Essays: 52 Brief Lessons for Big Change*** is a collection of Thom's short therapeutic essays. Both practical and entertaining, this is an excellent choice for your bedside reading table and/or for a gift. Available in both paperback and hardcover. Find at amazon.com or order directly from the publisher: [www.iuniverse.com](http://www.iuniverse.com).

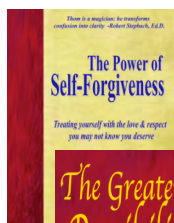
***Simple Truth: Ideas & Experiences from Humans from Less-Than-Perfect Families***, Thom's first book, is more popular than ever. Short and to the point, this is a collection of therapeutic exercises that can be used on your own or with a therapist. Many therapists use Simple Truth in their work with clients. Exercises can be done with individuals and many of them work very well in group settings. Simple Truth is available exclusively from Thom's web site: [www.nutshellwisdom.com](http://www.nutshellwisdom.com).



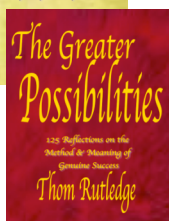
Both ***Chicken Soup for the Recovering Soul*** and it's accompanying ***Daily Inspirations*** have contributions from Thom. Available online and in bookstores.



## Thom's E-Books



***The Power of Self-Forgiveness: Treating Yourself with the Love & Respect You May Not Know You Deserve*** provides a 7-Step Plan for self-forgiveness and provides lots of practical tools to get the job done. Classic Thom Rutledge with wisdom, down-to-earth guidance & humor.



***The Greater Possibilities: 125 Reflections on the Method & Meaning of Genuine Success*** is a witty and concise application of Thom's INTRpersonal Methodology to the arena of personal and professional success. Read cover to cover or use individual entries for daily reflection.

***E-books available exclusively from [www.nutshellwisdom.com](http://www.nutshellwisdom.com)***

For more information about Thom's books, workshops or availability as a speaker, visit [www.nutshellwisdom.com](http://www.nutshellwisdom.com), find Thom on Facebook, or email him directly at [thomrutledge@earthlink.net](mailto:thomrutledge@earthlink.net).