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# FUNDAMENTALS OF THE EATING DISORDER PATH

6-Week Online Course for Health Care and  
Medical Professionals

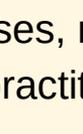
***“We aren’t working from the whole story.”***

## **Fundamentals of the Eating Disorder Path**

*A Six-Week Course for Health Care and Medical Professionals*

**April 18th-May 26th**

**Mondays, 6:30-8pm and Thursdays 7-8pm EST**



This six week training for professionals outlines the Eating Disorder (ED) journey through the view of liberation. For the past twenty years of supervising and teaching, Bree Greenberg has been learning how to map what happens in the room with individuals struggling with eating disorders. This mapping revealed a more complex and dynamic landscape that birthed a model we’ll explore in this course.

This model covers the main topics and patterns that present co-occurring issues, family and lineage patterns, practitioner transference and a four phase model of progression. It frames the presence of ED and other addictions through the lens of larger more dominant forces in our society, families and lineages. It is shame-reducing, systemic, thorough and broad.

Some familiarity with parts of self, the unconscious and systems theory is helpful but not mandatory. All sessions will include a weekly teaching followed by an interactive question/answer time. This course is open to all practitioners working with ED including doctors, nurses, mental health professionals, bodyworkers, somatic practitioners and coaches.



## In this 6-week course we'll cover:

- The limitations of our current model on both practitioners and clients
- The four phases of eating disorders, how they express themselves and relate to each other
- How you identify and evaluate where someone is in the phases
- Identifying and working the energies of shame, desire, hunger, despair, rage and helplessness
- The role and place of the body, the mind, the heart and the gut
- How you hold space, the deep importance of the space you hold and what this means for your own process
- Working as a multidisciplinary team and the importance of this
- How eating disorders can exist in the service of liberation



**Bree Greenberg, LMFT**, founded the Vermont Center for Integrative Therapy, an innovative multidisciplinary model of mental health care that created a systemic solution to many challenges the current healthcare system faces. Her work with dependency patterns has been highlighted in the documentary film *All of Me* and she's been a featured speaker and teacher at universities, hospitals and conferences nationally. Her radical approach to systems synthesis births cutting edge programs aimed at liberation and changing the way we think about and create health care.

## Registration

This 15hr course is meant to be an introduction to the model and is a prerequisite for longer courses that will be offered in the future. Payment plans available upon request. Please email Bree at [breeheather@gmail.com](mailto:breeheather@gmail.com) for any questions about the course.

**Tuition:** \$1250

**Register online at [www.breegreenberg.com](http://www.breegreenberg.com)**

Bree Greenberg-Benjamin  
[www.breegreenberg.com](http://www.breegreenberg.com)