If you woke up tomorrow and lived in a weight-inclusive, body positive world, what would you want to do to care for yourself?

Founders of Be Nourished, Hilary and Dana, have posed this question to thousands of people over the years as they’ve created their Body Trust® approach to help people move towards more compassionate, sustainable forms of self-care. This profound and liberating movement is founded on the idea that we are all born feeling at home in our bodies with remarkable instincts to trust and care for them.

Their paradigm shifting work helps people reclaim the Body Trust® that we believe is a birthright.

“This is a revolutionary subject matter that might just save our next generation.”
-Be Nourished Participant
The Be Nourished Institute provides training and support in weight-inclusive, trauma-informed, and social justice oriented care. The trainings offered help providers nurture balanced, meaningful relationships with their clients that are grounded in respect and liberation. This work is scientifically grounded and greatly influenced by intersectional feminism, Health at Every Size®, shame resilience theory, motivational interviewing, self-compassion theory, relational cultural theory, mindfulness-based approaches, and post-modern therapeutic thought.

Hilary Kinavey, MS, LPC and Dana Sturtevant, MS, RD, are the co-founders of Be Nourished, a leading voice in the mission to address body oppression and heal body shame. Since 2005, they have been holding space for people looking to let go of chronic patterns of dieting, disordered eating, and weight cycling. After years of deep listening, Hilary and Dana co-created their Body Trust® approach to help people find a way to truly heal and move towards a compassionate, sustainable form of self care. In a culture dominated by weight bias and body oppression, they believe reclaiming Body Trust® is the key to feeling psychologically and physically nourished.
WHO WE ARE

Hilary is a licensed professional counselor, educator, activist, and Certified Daring Way™ facilitator.

Dana is a registered dietitian, Motivational Interviewing trainer, and Kripalu Yoga teacher.

From 2007-2012, Hilary and Dana were adjunct instructors for the Eating Disorder Certificate Program at Lewis and Clark College in Portland, Oregon.

They are sought-after speakers on an array of wellness topics, including body liberation, Health at Every Size®, intuitive eating, and body respect in health care communities.

we believe

BODY TRUST is your BIRTHRIGHT.
MORE ABOUT HILARY

Hilary Kinavey, MS, LPC is a licensed professional counselor, facilitator, educator, speaker, writer, and activist. Hilary's private practice, where she specializes in disordered eating and dieting, body shame and weight bias, and trauma, has been thriving for over 19 years. Her counseling framework is collaborative and informed by a relational, systemic and social justice lens. Hilary has additional training in workshop facilitation, mind-body coaching, and is a certified Daring Way facilitator. She is a sought after speaker on topics such as weight-inclusive approaches, weight bias, Body Trust and the intersections of activism and therapy. She offers individual counseling and coaching, consultation, and trainings for organizations and professional groups.

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MORE ABOUT DANA

Dana Sturtevant, MS, RD is a nutrition therapist, facilitator, educator, speaker, writer, and activist specializing in chronic dieting, disordered eating, and body acceptance. A Certified Kripalu yoga teacher, Dana draws from her yoga teaching experience to incorporate mindfulness and self-acceptance practices into her conversations about food, body shame, health, and healing. After becoming a member of the Motivational Interviewing Network of Trainers in 2002, Dana has traveled around the country training thousands of helping professionals in the art and science of behavior change counseling. Dana advocates for compassionate, weight-neutral self-care and offers virtual and in-person sessions, as well as supervision, training, and consultation for helping professionals.

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**THE BE NOURISHED MANIFESTO**

**We believe**

Body Liberation is a vital part of creating a fair, just, and equitable world.

Body Trust is your birthright.

Your coping is rooted in wisdom and your body story will reveal your path to freedom.

Weight bias, body oppression and health disparities make caring for your body difficult and your suffering is not your fault.

Hypervigilance regarding food, weight and health is harming people in significant and profound ways.

We believe

Healing your relationship with food and body is a vital part of feeling whole.

Pleasure is a force essential for healing and liberation.

Amazing things happen when you turn towards your body and listen with kindness and curiosity.

A powerful shift occurs when we do things for and with the body as opposed to to and on the body.

You are not required to pursue health to be deemed worthy of love, respect or belonging.

Nobody wins when we see a healthy body only as a thin one.

We believe

People who are willing to view bodies through a compassionate and inclusive lens will change the world for everyone.

It is possible to develop the resilience needed to live compassionately in a weight-biased world.
“Revolutionary work...so true. I am much more aware of the self talk that gets the cycle going in myself, and have found that I am able to step back and realize that I don’t have to join in, and don’t have to allow it to ruin my day. I do want to change the world...for everyone. Thank you for this course, and for the work you are doing!!” -M.A.

“This is, for me, the best program out there. It literally saved me from the destruction of myself and gave me freedom. I am a happy person again.” -A.S.

“Thank you. The work that you are doing made a huge difference for the community, the culture, each person.” -L.A.

“Thought provoking, challenging, re-imagining of weight, food and health.” -John Holtzapple, M.D.

“Incredible! Such a powerful day being in a safe place with my body. Thank you.” -T.D.

“Dana and Hilary are both highly affirming and encouraging therapists as they speak hope into suffering with authenticity and empowerment.” -Anonymous

“This was exactly what I needed: A safe place to explore my own insecurities, doubts, and challenges as a practitioner in the field of eating disorders. I have more to give my clients as a result.” -Anonymous

“I appreciate all of your support with unlearning the diet mentality and that there’s nothing wrong with my body...learning self-care. I love you gals!” -S.V.

“Be Nourished is a place where you can be authentic, and benefit from connecting with individuals who share the journey of awakening to greater mindfulness.” -B.M.

“I am so thankful for the Body Trust Wellness program. To have found a space with women who understand, listen, and share their struggles has been invaluable.” -L.A.V

“Hilary and Dana presented at our Diversity conference and this is a great movement!! What would happen if we all loved our bodies!!? What a new concept!!!” -K.L.

“Out of all of my self-care endeavors throughout my life, this workshop has been the most rewarding.” -Anonymous

“Thank you so much! This is the most amazing course, and the hardest.... I’m on the path, it will take a long time, but I feel like I am just beginning to come home. You two women are so inspiring.” -A.S.

“Be Nourished is a warm and inviting place. The program has forever changed the way I look at food and my life.” -A.W.
FEATURING

TEDX

Body Trust® is a Birthright (2.16.2019)

Stop Battling Your Weight for Good (2.11.2019 5.6.2019)

17 Trustworthy Registered Dietitians to Follow for Truly Great Advice (8.20.18)

10 Reasons Not To Focus On Your Weight In The New Year (12.27.2016)

The Elephant In The Room: How Our Weight Bias Harms Us (5.24.2016)
The Not-So-Sexy Origins Of Body Shame (5.4.2015)
10 Reasons NOT To Focus On Your Weight In The New Year (12.30.2014)
The Body Trust Revolution (10.15.2014)
I Am A Woman Reclaiming Body Trust (8.25.2014)
Weighting (8.6.2014)

PODCAST: Diet Culture, Yoga And Self-Empowerment (11.28.2017)

PODCAST: Building Body Trust (1.30.2018)

PODCAST: Release Food & Weight Obsession (8.3.17)

PODCAST: How To Include Our Partners On Our HAES Journey (1.31.17)


PODCAST: Raising Kids With Body Trust And Intuitive Eating (2.5.2017)
PODCAST: Healthy Eating Vs. Competent Eating (10.31.2016)


PODCAST: Anti-Diet Approach to Healthy Living (1.9.2019)


PODCAST: Diet Culture, Yoga And Self-Empowerment (11.28.2017)

PODCAST: Abolishing Shame And Renewing Body Trust (8.9.2017)

WHERE HILARY AND DANA HAVE BEEN…

**TEDx** at Furman University in Greenville, SC
  >Body Trust is a Birthright (2019)

**NEDIC** Conference in Toronto
  >Promoting Body Trust in Your Work (2019)

**The Renfrew Conference** in Philadelphia, PA
  >Promoting Body Trust in Clinical Practice (2018)
  >Therapy & Activism: From Individual to Collective Healing (2017)

**BEDA Conference** in CA, NY
  >How Healthism Overshadows Healing: Ethical Consideration in Treatment Planning (2017)
  >Making the Case for Embodied Practitioners (2016)

**Nike Headquarters** in Beaverton, OR
  >Body Positivity Summit (2017)

**Oregon State University** in Corvallis, OR
  >Promoting Body Trust in Your Work for Staff & Faculty (2017)

**Ophelia's Place “Stronger Than You Know” Conference** in Eugene, OR
  >Helping Girls Develop Resilience to Body Shame (2017)

**MODA Health** in Portland, OR

**Gut Instinct Symposium** in Portland, OR
  >Helping Without Harming: Benefit of Considering Relationship with Food & Body as Variable in Treatment Planning (2016)

**Association for Size Diversity & Health**, Webinar
  >How Healthism Overshadows Healing: Ethical Considerations in Treatment Planning (2016)

**Multi-Service Eating Disorders Association Conference** in Boston, MA
  >Making The Case For Embodied Practitioners (2018)
  >Promoting Body Trust in Clinical Practice (2016)

**Portland State University** in Portland, OR
  >HAES® Fat Studies Class Guest Speakers (May 2016)

**JADEP** in CA, OR, WA
  >San Francisco> Promoting Body Trust in Clinical Practice (2018)
  >Olympia Chapter> Body Trust Wellness: Non-Diet Approach to Food, Weight, and Health (2014)
  >Willamette Valley Chapter> The Embodied Practitioner: Reclaim Your Own Body Trust (2013)

**Kripalu Center for Yoga & Health** in Stockbridge, MA
  >Motivational Interviewing: The Art & Science of Behavior Change Counseling (annually, 2015-2019)
  >The Embodied Practitioner: Reclaim Your Own Body Trust (annually, 2015-2018)

**American Counseling Association** in Orlando, FL
  >Strategies & Tools in Eating Disorder Treatment: A Panel Discussion (2015)

**National College of Natural Medicine** in Portland, OR

**Passionate Nutrition** in Seattle, WA
  >The Embodied Practitioner: Reclaim Your Own Body Trust (2014)

**Academy of Eating Disorders/ICED** in Chicago, IL

**Columbia River Eating Disorder Network** in Portland, OR
  >Weight Bias as a Treatment Variable: The Missing Link (2018)

**MEDA Conference** in Portland, OR
  >Making the Case for Embodied Practitioner (2018)

**4th Annual International Weight Stigma Conference** in Vancouver, BC
  >The (Fat) Elephant in the Room: Taking on Weight Stigma in the Eating Disorder Field (2016)

**OR Midwife Conference** in Portland, OR
  >How to Help Without Harming: Ethical Considerations & Care Planning (2018)

**University of Oregon Counseling Center** in Portland, OR
  >Promoting Body Trust in Your Work (April 2016)

**Oregon Public Health Association** in Portland, OR

**Breitenbush Hot Springs** in Detroit, OR
  >The Embodied Practitioner: Reclaim Your Own Body Trust (2015, 2014)

**Center for Hope Eating Disorder Conference** in Reno, NV
  >Promoting Body Trust in Clinical Practice (2015)

**Passionate Nutrition** in Seattle, WA
  >The Embodied Practitioner: Reclaim Your Own Body Trust (2014)

**Pacific University** in Forest Grove, OR
  >Panel Member on Diversity Day (2014)

**Opal Food + Body Wisdom** in Seattle, WA
  >The Embodied Practitioner: Reclaim Your Own Body Trust (2014)

**Woman, Infant, & Children (WIC)** in Woodburn, OR
  >Health at Every Size® Training (2016)
Hilary and Dana would love to continue the conversation with you! And… are open to interviews, podcasts, speaking and writing opportunities to share their Body Trust approach to healing.

They can talk about…
• The core elements of a Body Trust practice
• The phases people move through as they reclaim Body Trust
• The origins of body shame
• What is a body story
• Healing the dieting mind
• Patterns of chronic dieting and disordered eating
• What it means to practice weight-neutral self care
• Addressing weight stigma within organizations

GET TO KNOW THEM…
Want to learn a little more about their approach? They’ve got you covered:
• On Geneen Roth, Sugar, “Do No Harm”, Unicorns And Healing
• Wanting To Lose Weight Isn’t Shameful
• Weight Watchers New Teen Marketing Plan
• The Whole30 Is Over, Now What?
• How To Get Free From Body Shame In The New Year
• A Dietitian’s Path To Health At Every Size®
• Why Does Healthy Eating Become Diet-y?
• 10 Reasons Not To Focus On Your Weight In The New Year
• You Have A Right To Refuse To Be Weighed
• The F Word

RECENT BLOGS…
APRIL 27, 2018
Reclaiming Body Trust®
Some days, it’s hard to believe we’ve been helping people show up in a radically different way with themselves for over thirteen years. Our offerings have morphed, grown, and changed so much over time. We’ve held weekend Body Trust workshops and retreats. We’ve developed online courses for people healing their relationships with food and body and trainings for professionals wanting … Continued

APRIL 10, 2018
The Not-So-Sexy Origins Of Body Shame
Body Trust® is something we are born with and somewhere along the way it gets hijacked — by the culture, our parents, and health care providers to name a few. We never consent to this. We are far too young to know what is going on when the narrative about our bodies starts to change. So over time, we internalize … Continued

MARCH 29, 2018
Nourishing Bites
The sidewalks and car windshields outside our office are littered with fallen cherry blossoms. Barely-green leaf buds are unfurling along tree branches against pearl-gray skies. Yesterday afternoon we had rain and sun and hail and sun again, all within the space of a few hours. There was probably a rainbow somewhere. And yes, there was snow in the valley the … Continued

MARCH 11, 2018
I Am A Person Reclaiming Body Trust®
My hunger, my appetites, my longings, my skin, my bones, my size are mine for the taking. I take back my worthiness, my belonging in the world of beautiful and diverse beings. I live without apology for the straight lines and … Continued
To book DANA AND HILARY for an appearance, interview, speaking engagement, training or workshop,

EMAIL: bookings@benourished.org

or CALL:
503.288.4104