This application is to become a trained leader for the Body Project@ Montana State University

The Body Project is a dissonance-based program that involves group sessions - 2 hours, 2 sessions, over 2 weeks, in which women participate by using written, verbal, and behavioral exercises that counter the thin-ideal perpetuated by our culture. This type of intervention, when provided by trained leaders has been shown to improve body acceptance, improve sense of self, and decrease the risk of eating disorders and unhealthy dieting behaviors.

Objectives:

- To continually train leaders to effectively deliver the Body Project Program @ MSU
- To create a sustainable “train the trainer” component for continued positive impact @ MSU
- To develop an environment that speaks a consistent language around the topic of body acceptance
- To maintain the integrity of Body Project program delivery

Why I am interested in being trained to facilitate the Body Project Program?

_____________________________________________________________________________________

What student population do I foresee myself most likely impacting with the Body Project?

_____________________________________________________________________________________

My comfort level &/or experience in presenting information to others or facilitating groups?

_____________________________________________________________________________________

Over the course of the next academic year I will be able to:

Facilitate or Co-facilitate: (1) or (2) or (more) -- (please circle) Body Project Session(s)

I am: a student □ (what year: __________) staff □ both □

Name: Contact Info (phone & email):

Office of Health Advancement/Nutrition:

Educates, Empowers, and Energizes the MSU community to thrive through a balanced lifestyle: