



## BODY TRUST® PROVIDER COMMUNITY VALUES

**Anti-oppression:** We work to divest from white supremacy, patriarchy, diet culture, fatphobia, ableism, healthism, genderphobia, ageism. We do not hold people responsible for the negative impact of these constructs. As helpers and providers, we practice awareness of our positionality and the inherent power imbued to us in our roles. We actively work in support of changing systems and institutions.

**Collaboration:** We retain a spirit that we are in this together, knowing that much of the change we fight for may happen after our lifetimes. We trust in the work of one another, knowing we can center our own needs and care because the collective will always be at work. We remain aware of the ways scarcity and competition diminish trust and opportunities for meaningful collaboration.

**Community:** We strive to create a community culture that values relationships, care, connection, and accountability above competition and professionalism. We work together to create access to Body Trust events, gatherings and healing spaces that speak to the specific and varied needs of diverse populations.

**Healing:** We create spaces that serve as protection from oppressive forces and that use collective resources to challenge power structures and reduce harm in relationships, groups, institutions, and systems. We center healing over health.

**Pleasure:** In order to create a much different world, we invite pleasure into our process to increase connection and sustainability in our work and as a community. We invite gratitude, joy, celebration, and acknowledgment.

**Liberation:** We work to center the experiences of the most marginalized and targeted bodies, knowing this is truly what generates liberation. Body Trust work seeks to remove the problem focus from the bodies of people and return the onus to trauma and oppression. We trust in the knowing and lived experience of the people we work with, believing that their efforts to cope and survive have been rooted in wisdom.

**Humility:** We strive for humility. We are committed to ongoing learning and consent to learn in community. We center accountability that operates with an ethic of progress, not perfection. We do not hold one another to purity tests or standards that diminish each other's humanity.

**Process:** We believe healing has its own momentum and we recognize how we, as helpers and providers, are also immersed in our own healing process. As a community, we understand life is messy and complicated, and that our access to embodiment and the spirit of Body Trust waxes and wanes over time. We accept this as meaningful and human.

**Spirit:** We bring our humanity, compassion, curiosity, empathy, and vulnerability to this work. We seek relationships that are transformational rather than transactional, and center process above outcomes and goals. We trust the wisdom is always in the room and the expert stance is a barrier to healing.