

What can you expect as far as session frequency & duration of treatment?

Typically, we work with clients for 3 months to a year (or more!). Behavior change can be a bit of a j-curve; meaning it takes time and is often full of collecting data along the way that helps us better understand how to shift our relationship with food, body and health. Our intake session will range from 60-90 minutes. Our follow-ups are initially weekly/biweekly for 30-60 minutes, and then we will gradually expand to monthly check-ins as you feel more solid in your treatment trajectory.

What ages do you treat?

I have experience treating pediatric patients to 65+. If a patient is under 18 years old and has an eating disorder, I utilize family-based therapy and require at least one support to attend every session during phase 1.

Will I lose weight or do you specialize in weight loss nutrition?

Weight is not a behavior we have a lot of control over. As we focus on regular eating patterns and cessation of disordered eating, weight loss could occur, it could also stay the same or fluctuate up.

Fad diets and rigid meal plans don't work, at least not long-term. They're often unsustainable and research shows 95% of people end up regaining the weight (& sometimes, plus some) after 3-5 years. Many of our clients come in with years or decades of dieting and weight cycling (losing weight, gaining weight, repeat). You can still come into our sessions with these goals and we'll always allow space for you to unpack them. However, we will never recommend weight loss as a treatment outcome. We choose to focus on health-promoting behaviors like eating and drinking patterns, macronutrient distribution, physical activity, gaining more insight into hunger and fullness cues and many more aspects of health.