

Choices Psychotherapy adds Registered Dietitian Jessica Welch, MS, RND and Nutrition Counseling to its services

St. Louis Park, MN (January 15, 2018) – Choices Psychotherapy (Choices), is pleased to announce the addition of Nutrition Counseling to its services.

“The foods we consume on a daily basis can have significant impact on your mood, emotions, physical and mental health. Nutrition Counseling can help improve many conditions that affect mental and physical health,” explained Susan Davis, LICSW owner and executive director of Choices Psychotherapy.

Choices’ Nutrition Counseling is currently offered by Jessica Welch, MS, RND who joins Choices’ team of psychiatrists and therapists. Jessica is a Registered Dietitian who will partner with clients in improving their overall health, meeting their nutritional needs and goals through motivational interviewing, health coaching, behavior modification, and development of effective skills and strategies.

“I am passionate about helping people improve their relationship with food while improving their overall physical, emotional and psychological health. I believe that nutrition counseling and education needs to be individualized to each person's needs. Healthy eating means something different to each person, and I want to partner with you to help reach those goals together,” Jessica stated.

Jessica has over 10 years of experience working with eating disorders in intensive programming and outpatient settings. She has extensive experience working with clients with co-occurring mental health diagnoses such as depression, anxiety, chemical dependency, disordered eating, and binge eating disorder.

Jessica Welch, MS, RND Credentials:

MS Nutrition Education from Rosalind Franklin University of Medicine and Science, Chicago, IL

RD Registered Dietitian from The Academy of Nutrition and Dietetics

LD Licensed Dietitian in MN

BS Dietetics from St. Catherine University, St Paul, MN

To schedule an appointment, call Choices Psychotherapy at 952-544-6806.

ABOUT CHOICES PSYCHOTHERAPY

Choices Psychotherapy helps individuals and families rediscover the joys of a healthy mind and healthy body. Our comprehensive services are only heightened by the addition of Nutrition Counseling and nutritionist Jessica Welch, MS, RND to our team. For more information about Choices Psychotherapy, visit www.choicespsychotherapy.net or call 952-544-6806.

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