

+ GOALS/RESULTS

Elimination or substantial reduction in binge eating, overeating and mindless eating

Ability to get needs met without using food

Weight stabilization

Preparation for future weight loss if desired

Confidence in decision making

Improved relationships

Choosing responses rather than reacting

Decreased cravings, urges and preoccupations with food

Lowered impulsivity

Reduced feelings of numbness and feeling overwhelmed

+ ENROLLMENT, LOCATION, TIME & INSURANCE

Program offers frequent enrollment of new members. It is offered at our St. Louis Park location. Call 952-544-6806 for time and date.

Choices Psychotherapy accepts most commercial insurance policies for this program.



Choices Psychotherapy

LOCATIONS:

We offer two convenient locations. Office in St. Louis Park, Northwest of the Hwy 394 and Hwy 100 intersection. And a second office in Chanhassen, south side of Highway 5 between Audubon Road and Coulter Boulevard.

📍 715 Florida Avenue South, Ste. 307
St. Louis Park, MN 55426

📍 7975 Stone Creek Drive, Ste. 130
Chanhassen, MN 55317

☎ 952.544.6806

📠 952-545-0098

🏠 choicespsychotherapy.net

📘 fb.com/ChoicesPsychotherapy



Why Can't I Stop Eating?

*DBT for Binge Eating
Individual and group therapy specifically designed
to help people with Binge Eating Disorder.*



Our logo, the Japanese symbol for choice, represents our respect and appreciation of all individuals and cultures.

To make an appointment or get information about services, please call our office at 952-544-6806.

We will be more than happy to take the time to assess your needs and discuss your options within our clinic.



Choices Psychotherapy



Binge eating is a disorder, not a decision

Don't suffer in silence. Rediscover your health and well being. Make positive changes.

Everyone overeats on occasion. But some people lose control while eating. It becomes a regular occurrence; a way to deal with emotions. It might cross the line to Binge Eating Disorder. It is the most common eating disorder in the United States and affects people of all shapes and sizes.

“Why Can't I Stop Eating?” is a program for people who have problematic overeating behaviors. These behaviors include losing control while eating and eating significantly more than what is typical of others. Other behaviors may include eating: rapidly, past fullness, secretly and finding yourself feeling depressed or guilty afterwards.

The program's purpose is to assist individuals diagnosed with Binge Eating Disorder to stop bingeing. Clients gain insight about the emotional aspects of binge eating, learn helpful and positive ways to manage emotions, get needs met and be effective. Clients learn that binge eating is no longer a useful way to deal with problems.

+ NUTRITION SERVICES

Participants are encouraged to see the program's dietitian when indicated. Participants learn to challenge food rules, learn that food isn't “good” or “bad,” and that they can have a positive relationship with food. Participants learn to fuel their bodies to feel their best physically and psychologically, and set goals that support their health and happiness.

+ ANN TRENCH, MSSW, LICSW



I am passionate about helping people eliminate problem-eating from their lives. Not just because I get to see people delight in a new-found freedom from binge eating, but also because DBT therapy changes lives beyond problematic eating. As people learn DBT skills they begin to see themselves with more competence and confidence. They learn skills to reduce ruminating and live more happily in the present.

+ PROGRAM PHILOSOPHY

I honor that people with problem-eating had to learn the survival skill of binge eating to get through earlier invalidating experiences. Eating disorders are unique to each person and much like a puzzle, can be hard to make sense of. Together, we work on that puzzle and learn what has propelled and reinforced the eating disorder. As clarity is gained, the eating disorder loses its power and new skills take its place. During the course of the program, people generally notice the reduction of binge eating in both amount of food and frequency. Binging morphs into just overeating. Overeating then begins to morph into normal eating.

The program is not about weight loss but removes barriers for later weight loss if desired.