+ 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

+ PROGRAM INFO

"Why Can't I Stop Eating?" meets weekly fvia secure Zoom. Clients learn to reduce or eliminate emotional eating through learning DBT Skills.

DBT Skills improve your ability to tolerate distress, choose your emotional responses and balance taking care of yourself with the needs of others. Clients also participate in individual therapy.

The program runs 20 weeks with new clients joining on a rolling basis. Commercial insurance and some PMAPs accepted. Clients participating in bariatric programs are also welcome.

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

選 Choices Psychotherapy

LOCATIONS:

We have three convenient locations
Telehealth visits are available

10201 Wayzata Blvd., Ste. 100
(Minnetonka Plaza)
Minnetonka, MN 55305

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

7901 Xerxes Ave. South, Ste. 225
(Xerxes Plaza)
Bloomington, MN 55431

952.544.6806

952-545-0098

choicespsychotherapy.net

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.

+ Outpatient Program

Why Can't I Stop Eating?

DBT for Emotional Eating or Binge Eating

Individual Therapy and Skills Group specifically designed to help people with emotional eating

選 Choices Psychotherapy

Stop Calling Yourself Names

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

Everyone overeats on occasion. "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. Other behaviors may include eating rapidly, past fullness, secretly and finding yourself feeling depressed or guilty afterward.

It becomes a regular occurrence, a way to deal with emotions. It might cross the line into Binge Eating Disorder, which is the most common eating disorder in the United States and affects people of all shapes and sizes.

We often hear people calling themselves "stupid," "fat," or "lazy." But when we use those terms, it's a one-way trip to feeling down. In "Why Can't I Stop Eating?" we learn lots of new skills to point us in another direction; for example, we learn how to state what's really bothering us and what we want to change about the situation we are in.

You are welcome to reach out for help wherever you are at in your eating recovery journey. Persons considering bariatric intervention are also welcome before, during or after intervention.

+ 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 emotional eating from their lives. While I honor that my clients figured out a way to survive earlier difficult experiences, I delight in seeing them discover a new-found freedom from food and achieve goals they didn't think were possible.

Emotional eating can often seem like a puzzle. Together we work on that puzzle until we learn what has propelled and reinforced the eating disorder. As understanding increases, emotional eating loses its power and new skills emerge to manage life. Problematic eating reduces to regular overeating, which then transforms into normal eating.

+ PROGRAM PHILOSOPHY

We all do the best we can with the skills that we have. Sometimes, however, those skills only get us so far, and we need new ones. Using Dialectical Behavior Therapy, (DBT), I teach those new skills in both an educational format and through the therapeutic relationship.

Dialectical Behavior Therapy (DBT) transforms negative thinking patterns and destructive behaviors into positive outcomes. DBT helps people who emotionally eat build self-management skills, reduce anxiety and stress, increase life satisfaction and reduce or eliminate destructive eating behaviors.