

**Have you ever said any of these statements to yourself?**

- I feel so guilty after eating
- If only I could lose weight to be happy
- It's not healthy to eat after 7pm
- I can't eat desserts or I will get fat
- I am going out to eat tonight so I am skipping lunch
- I can only eat X number of calories per day
- I only eat one meal a day otherwise I feel hungry all day long
- I never eat breakfast because I'm not hungry
- If I don't go to the gym today I can't eat out
- I have to go to the gym today because I had dessert yesterday
- I am skipping lunch today because I ate too much yesterday
- I have tried so many diets and none of them seem to work

**If so, I may be able to help you change your relationship with food and enjoy eating again.**



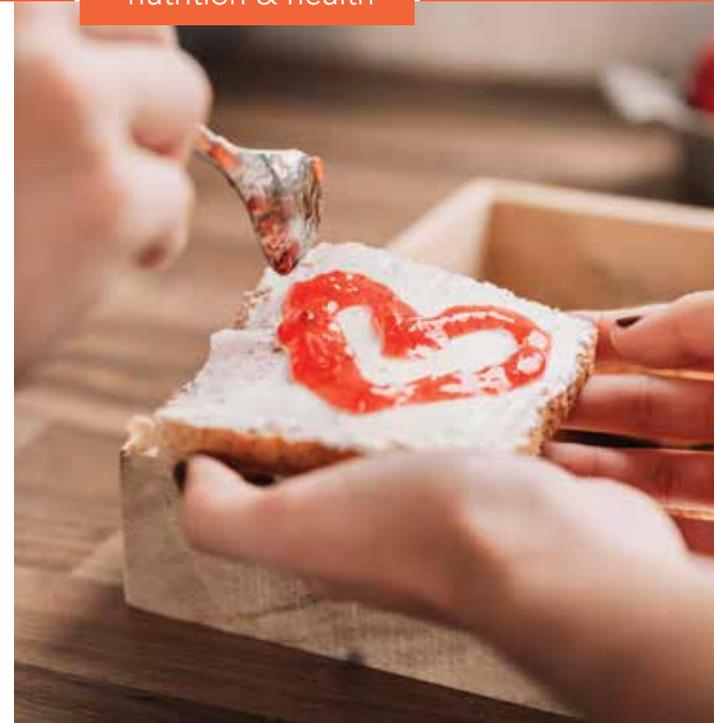
**Choices**  
Psychotherapy

**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



# Enjoy Food & Eating Again!

*Food touches all aspects of our lives. The foods we consume on a daily basis can have significant impact on our mood, emotions, physical and mental health.*

*Nutrition counseling can help improve many conditions that affect mental and physical health.*

**PAYMENT & INSURANCE**

Choices Psychotherapy accepts payment from all of the major HMO's, many PPO's, Medicaid, & Medicare.

Our office staff will assist you in verifying benefits and pre-authorization requirements.

Self pay options are also available.

☎ 952.544.6806

📠 952-545-0098

🏠 [choicespsychotherapy.net](http://choicespsychotherapy.net)

📌 [fb.com/ChoicesPsychotherapy](https://fb.com/ChoicesPsychotherapy)



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.



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+ JESSICA WELCH, MS, RDN



"I am passionate about helping people improve their relationship with food while improving their overall physical, emotional and psychological health. In order to achieve those changes 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."

## What is your relationship with food?

*Rediscover your health and well being. Make positive changes.*

### Why Nutrition Counseling?

Many people have a complex relationship with food that may be affecting other mental health conditions. Healing that relationship can improve energy levels, cognition, concentration, sleep, ability to cope with emotions and manage stress.

### Nutrition Counseling can help you:

- Achieve optimal nutrition & health
- Improve your relationship with food
- Introduce nutrition intervention
- Plan individualized meals
- Reduce overeating, binge eating, restriction & emotional eating
- Manage disease symptoms through food choices
- Understand healthy eating, cooking & grocery shopping

### + NUTRITION COUNSELING

Our nutrition counseling service is offered by Jessica Welch, Registered Dietitian who will partner with you to better your life through motivational interviewing, health coaching, meal planning and development of effective skills and strategies to meet your nutritional needs.

### Nutrition Philosophy:

All foods can fit into a person's diet with no "right" or "wrong," "good" or "bad" foods. Our non-judgemental approach helps clients build a positive relationship with food that does not include any harsh rules or food shaming. To improve client's relationships with food, we help dispell food myths, break food "rules" and teach clients to listen to their body's internal signs of hunger and fullness through mindful eating. To do this, we start by meeting each client where he or she is at now and work together towards goals for health and happiness. Our ultimate goal is to help individuals learn how to fuel their bodies to feel their best physically and psychologically to lead a happy and fulfilling life.