

*Do I have an eating disorder? I think about food constantly! I just wish I could be "normal" and eat whatever I want like other people do.*

Eating disorders literally come in all shapes and sizes, and affect all ages. A much larger percentage of our population struggles with food issues than just the small percentage who "qualify" as bulimic or anorexic. Obesity is rampant in our culture, and yet the "ideal" figure promoted in the media is increasingly emaciated. We are in a culturally-pervasive double-bind. Whether your struggle is with obesity, compulsive overeating, yo-yo dieting, anorexia, bulimia, food addiction, compulsive exercise, or some combination thereof, we will work together to help you gain control over your relationship with food. I currently run a therapy/support group for bariatric surgery patients. This group is co-ed and requires a pre-screening to be sure we are a good fit for you.