



Healthy Mind - Healthy Body



A 6-week, support/therapy group for people who struggle with food addiction and body-image. This therapist-led group provides a safe, supportive place where you can gain insight into your psychology of food and eating. You'll share your struggle with others who can relate, learn the tools to change your psychology along with your eating, and create a new, healthier relationship with food.

Discussion topics include:

- How food became a substitute for love and affection, and how you use food to manage (or not feel) feelings
- Learning lifetime tools (like journaling, stress management, mindful eating techniques) to help prevent regaining lost weight or sabotaging healthy weight maintenance.
- Managing family and cultural pressures about food and eating
- Avoiding Addiction replacement (substituting other addictive behaviors)
- Learning about how food, weight and body image inter-relate or affect your sexual and intimate relationships
- Caring for your body as if it were someone you loved.
- Or anything else that makes food a loaded issue...

Call for more information or to schedule a free consultation...

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