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**ASPEN
Answers**

by Lori Greer, PsyD

**BECOMING
MINDFUL OF
EATING HABITS**

One of the proven ways to deal with obesity involves cognitive behavioral therapy (CBT), which focuses on changing the way that people think about eating and other lifestyle habits. As a result of CBT, obese individuals develop practical ways to improve their dietary habits, such as keeping an "eating diary." Not only does CBT help individuals manage obesity, it may also benefit their families. It seems that CBT exerts a "ripple effect" that helps family members of the person being directly treated to shed pounds by instituting some healthy dietary changes themselves. Because CBT requires real commitment to change, motivated individuals and supportive families experience the best results. Cognitive behavioral therapy requires a commitment to changing attitude and behavior.

If you would like to use CBT to change your eating habits, or any bad habits that may be negatively impacting your life, then please call our office for an appointment. Our caring counselors provided a safe space and an understanding ear as well as proven techniques to help you address behavior that is dragging you down. If you would like an appointment or if you have any questions, please call 608-742-5020. Our address is 2639 New Pinery Road, Suite 1. *Offering you and your family compassionate and professional advice.*

P.S. Cognitive behavioral therapy for the treatment of obesity may be covered by insurance.

ASPEN
Family Counseling
www.aspenfamilycounseling.com

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