

## COGNITIVE BEHAVIORAL THERAPY FOR BARIATRIC/WEIGHT LOSS INDIVIDUALS

\*From knowing the emotional triggers, your relationship with food, the importance of creating a schedule/routine, all in favor or maintaining weight loss



*Support  
Group*

## JOIN US FOR OUR BEHAVIORAL THERAPY SUPPORT GROUP FOR THE BARIATRIC POPULATION

### DATES & TIMES:

Group sessions will either be held on Tuesday evenings or Thursday evenings based on group suggestions/indicators.

#### OUR TOPICS WILL INCLUDE:

- Eating Triggers
- Mindful Eating
- Goal Setting
- Exercise
- Emotional Eating
- Managing Stress
- Staying Positive & Motivated

#### INSURANCES ACCEPTED:

- Aetna
- BCBS/CareFirst/Blue Choice/Blue Cross/Blue Shield
- Cigna
- Tricare/Humana
- MD/DC Medicaid
- Cash rate \$40 per session or \$130 for 4 weeks

Please contact Dr. Stephens regarding group enrollment and other questions you may have at:

drstephens@hopefulcounseling.org or 301-844-1752