

WE'RE BACK TO GIVE YOU HEALTHY SUMMER TIPS & UPDATES!

THERAPY CAN HELP YOU LOSE WEIGHT

Going to a therapist can help you lose weight. Don't believe me? Well, read on then!

Many people struggle with weight loss. When thinking of weight loss, we tend to focus on changing our diets and exercising. However, weight loss therapy can be another alternative and addition to your weight loss journey.

During the session, a [psychologist](#) will help you in making behavioral and lifestyle changes to assist with your weight management. The psychologist will examine your history and relationship with weight, food, health, and other things that may have an impact on your weight.

The psychologist will do a form of [cognitive behavioral therapy \(CBT\)](#), a psychological therapy used for numerous other issues an individual may face. During the therapy, there will be a series of conversations focusing on your goals and what you would like to see different regarding your lifestyle and future body composition.

In time, you will reach the goals set by the psychologist and you. The sessions will continue with the psychologist guiding you to continuing and maintaining a healthy lifestyle. In a way, the psychologist can be seen as your personal supporter, helping you reach your goals to regaining the healthy lifestyle you deserve. Along with having a healthy diet and maintaining exercise, weight loss therapy can really make an impact and [help you succeed in your weight loss journey](#).

DATING AS A SINGLE PARENT

When dating it can already be difficult to find a person who you find interesting and willing to put your effort into. However, when you are dating as a single parent not only are you concerned about your interests but it can also be a bit more challenging because you are thinking of your child, too. There's also the challenge of letting the people you date know you have a child. So many questions start to pop into your mind.

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EXERCISING ISN'T THE ONLY WAY TO STAY FIT



At some point and time, we've all tried to live a healthy lifestyle. The way it usually starts is by cutting out all the bad from your diet all at once— going in for the dive! Not second guessing that maybe we should gradually cut things out from our diet instead of going cold turkey and heading straight for intense workouts. We don't pace ourselves to our personal preferences and comfortability when we consider our take on trying to be healthy.

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THE BEST RELATIONSHIPS START WITH YOU

Relationships, in general, are hard. It's a matter of having good communication, being respectful to one another, and completely honest with each other. Non-romantic relationships aren't as hard as romantic ones. However, sometimes in both, we can say and do the wrong things that can change the entire relationship. One of the main purposes of being in a relationship is to have support from your partner and... [Read More](#)



WELCOME OUR NEWEST MEMBERS TO THE PRACTICE!



Katelyn Wik

Katelyn Wik received her B.S. in Psychology and a Master's degree in Mental Health Counseling from Palm Beach Atlantic University. She has been working in the mental health field for over five years, including two years of extensive counseling experience. She enjoys working with individuals and couples who are seeking restoration of hope and value in their lives. Katelyn specializes in individual therapy with adolescents as well as couples and marital therapy. She has a background in working with trauma victims, and individuals suffering from depression and anxiety. She is dedicated to helping people on their journey to hope and health.

Ana Valencia

Ana Valencia has a Master's in Family Therapy and Mental Health Counseling from Palm Beach Atlantic University. Ana and her spouse, Sean, enjoy boating, nature and other outdoor activities. Once a month, she hosts a women's group in her community. Ana works with high risk teens and mentors them. She enjoys helping couples in Marriage Therapy and working with individuals in Individual Therapy. She is dedicated to helping people find themselves and restoring relationships.

