

Habitat

Counselling & Psychotherapy

Are you having issues with food or worried about your eating habits? Are thoughts about food taking over your life and you feel every day is a constant struggle? Whether you are experiencing binge-eating disorder (BED), bulimia nervosa or anorexia nervosa. Habitat Counselling & Psychotherapy is here to support and help you work through the everyday challenges you face with food.

Habitat Counselling & Psychotherapy specialises in eating disorders and body image, help is available and the path to recovery is possible and achievable.

Cognitive-Behavioural Therapy Enhanced (CBT-E) is specifically created for the treatment of Eating Disorders. This treatment targets the underlying psychopathology of the eating issue. Sessions involve exploring how thoughts and beliefs surrounding food are problematic. Such as mood intolerance, extreme perfectionism, core low self-esteem and major relationship problems. We will look at the factors that contribute to the issue and work through them to achieve recovery.

Contact us to book a **FREE** initial consultation.

Fees: £35 an hour

Debra Lui MSc CBP, Adv Dip Couns, MBACP

Habitat Counselling & Psychotherapy

Sherwood House

Holyhead Road

Bangor, LL572DP

+44 7738 623 794



Website: www.habitattherapies.com
Email: info@habitattherapies.com

<https://www.facebook.com/Habitattherapies/>



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