

Carolyn Jarvis Weight Loss Management - Weight Loss Is About More Than Counting Calories.

I believe permanent weight loss happens when people make healthy lifestyle changes not only to what they eat and to their activity level, but also to the negative thinking and emotional eating patterns that often accompany weight issues. I have developed a program and provide supportive counselling to address the underlying causes of emotional eating, stress and stress management, and destructive thought patterns which can sabotage successful weight loss. Unaddressed, these patterns are what lead to weight fluctuation and frustration with reaching and maintaining goal weight.

I offer the following to assist clients:

- Identification of, and counselling for, emotional eating patterns and negative thinking that sabotage weight loss success.
- A customized weight loss plan, with realistic, measurable goals, designed to meet healthy weight and lifestyle aspirations.
- New strategies and skills for stress management, communication and conflict resolution.
- Accountability, encouragement and support to keep clients on track as they move toward their desired weight.
- Counselling support for body image, self-esteem and for the adaptation to the changes that happen with weight loss.

I have seventeen years of experience in health care as a medical social worker; helping people adapt to changing health, make lifestyle changes, and to lose weight. I also know personally how hard it is, having lost over one hundred pounds myself. I bring professional expertise, personal experience, and compassion to my practice to support people in losing weight.

My practice benefits people required to lose weight for medical reasons, or people who want to lose weight for personal and lifestyle reasons.

Please feel free to contact me for more information at 778-899-2646.

Carolyn Jarvis, RSW, MFA, BSW

