



Welcome,

Hi, there! I'm Trish, a registered dietitian (RD), certified eating disorder specialist (CEDRD), and diabetes care and education specialist (CDCES). My passion is helping individuals break free from diet culture and develop a healthy relationship with food, body image, and self. My approach is to provide compassionate care and nutrition counseling based on *Health at Every Size* and *Intuitive Eating* principles.

Nutrition counseling not only involves addressing what you eat, but also *how you think and feel about food and your body*. This is not a one size fits all approach. While working together I will strive to understand your needs, preferences, and goals in order to offer realistic and personalized support for your food and body concerns. I hope to create a relationship built on trust so that we can honestly and openly communicate with one another. Please visit my website at www.trishRDN.com for more information about my background and philosophy.

Because our habits are deeply engrained, making changes that will last a lifetime occurs in stages and often takes time. Be patient. People often wonder how many times we'll need to meet. That entirely depends on the purpose of our meeting, your goals, your readiness to change, what support systems you have in place, and many other factors. Here's a general overview of what you can expect.

Initial Nutrition Assessment: 90 minutes (\$255 investment rate)

Nutrition assessment, getting to know each other, baseline goal setting, development of nutrition care plan.

Follow-up Sessions (30 minutes - \$85; 45 minutes - \$127.50)

These sessions provide ongoing support, skill building, goal setting, and resources (i.e., articles, books, podcasts, referral to see other health professionals, etc.). The decision to continue meeting will be a shared one but ultimately you will decide what is most helpful for you.

Insurance:

We do not accept insurance currently. Clients pay at the time of services rendered and may request a superbill (like a fancy receipt) for out-of-network reimbursement.

If you are interested in insurance reimbursement, please check your insurance policy's benefits: call the phone number for customer service which is usually located on the back of your insurance card. Ask if you have telehealth benefits in addition to Medical Nutrition Therapy (MNT) benefits as this is a virtual private practice.

Location:

All nutrition counseling appointments are 100% virtual and provided through video visits using *Simple Practice*, a HIPAA compliant platform.

I look forward to meeting you and welcome all questions you might have.

Sincerely,

Trish Lieberman Nutrition Counseling, LLC

Certified Eating Disorders Registered Dietitian
Certified Diabetes Care & Education Specialist

EMAIL: TRISHRDN@GMAIL.COM | WEBSITE: WWW.TRISHRDN.COM | PHONE: 484-206-4366 | FAX: 484-624-8773