

Individual Therapy

In my private practice, I combine the depth of insight-oriented and mindfulness-based psychotherapies with practical tools that everyone can use to liberate themselves from food, weight and body image issues and their underlying causes.

I specialize in body image and eating disorders, including binge eating, bulimia, anorexia and chronic dieting. I treat a full range of issues underlying these disorders including depression, anxiety, trauma and relationship concerns. I also work with those who have had or are considering weight loss surgery.

To set up an appointment or for more information, call 339.225.0083 or email rivka@rivkasimmons.com

[Have Your Cake] totally changed the way I experience food and hunger and my body. I am finally learning to listen to and trust myself around food for the first time in my life!
—Amanda C.

Rivka is a wonderful teacher, compassionate and kind and helpful. The class encouraged me to delve into my eating issues and be honest with myself. —Chris G.

Finally a class that addresses the deeper issues behind the food and body image problems I've struggled with for the past 40 years. —Sandy M.

This course has taught me how to take care of myself and comfort myself without turning to food. Food is no longer my best friend or my enemy. I finally have a normal relationship to food. —Tonya R.



RIVKA SIMMONS is an experienced educator, psychotherapist, and public speaker. In 1999 she founded the program *Have Your Cake and Eat It Too! A Gentle Approach to Food, Your Body and Yourself.*

In addition to teaching *Have Your Cake*, she works in her private practice with men and women of all ages who struggle with food, body image, and self-esteem. She also draws on 20 years of practice when she teaches mindfulness meditation and stress reduction.

She has been on the faculty of the Cambridge Center for Adult Education since 2000 and offers lectures and workshops at universities, hospitals, high schools and adult education centers, including Beth Israel Deaconess Medical Center and Brandeis University.

Rivka is a professional member of the Massachusetts Eating Disorder Association and the Greater Boston Collaborative for Body Image and Eating Disorders.

I have freed myself from the binds of dieting, compulsive overeating, and body hatred, and I want to help others gain this same freedom. It is possible to live freely in a world of food that we love and to respect and nurture our bodies and ourselves each and every day.

—Rivka Simmons



Have Your Cake & Eat it Too!

A GENTLE APPROACH
TO FOOD,
YOUR BODY & YOURSELF

Rivka
Simmons

EDUCATOR • PSYCHOTHERAPIST • PUBLIC SPEAKER

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Do you struggle with food every day?

Are you always watching your weight?

Do you overeat or undereat?

Are you critical of your body?

YOU ARE NOT ALONE.

At any given time, over half of all Americans are dieting. Even more of us are fixated on food and our bodies. We obsess about how we look and what, when and how we eat.

Dieting and preoccupation with food and our bodies are only symptoms. The rules we create around eating are an unsuccessful attempt to feel more in control of our lives. Unfortunately, food restrictions create feelings of deprivation, which intensify food cravings and increase the likelihood of uncontrolled eating and self-recrimination. Our very efforts to control food and our bodies make us feel out of control.

There is a better way.

A Gentle Approach to Food and Your Body

I teach "intuitive eating," which goes to the root of our eating problems. Instead of taking away the foods we love, intuitive eating enables us to eat what we love whenever we are hungry.

We were all born as intuitive eaters; we have just forgotten this important skill. I help people distinguish between their physical and emotional hungers with compassion, understanding and the intention to give themselves what is truly needed. No judging or self-criticism is ever necessary.

By building self-trust, self-care and self-love, we can create a natural relationship with food, a positive body image and a gentle relationship with ourselves.

Why do Eating and Body Image Problems Develop?

We are taught to distrust our body's natural wisdom. This leaves us feeling confused about what, when and how much to eat and keeps us looking outside ourselves for answers.

We are pressured from a young age to conform to body image ideals that do not represent our natural shapes. In trying to conform to these ideals, we develop patterns of restrictive eating and increased body hatred.

We are not taught how to deal with stressful and difficult emotions in our daily lives and end up turning to food as a source of reliable comfort.

Make Peace With Food and Your Body

In small groups and individual sessions I teach how to

- Recreate your original, healthy relationship to food
- Listen to and trust your body's hunger signals
- Stop depriving yourself of the foods you love
- Distinguish between physical and emotional hunger, and work effectively with emotional hunger
- Develop a healthy body image and return to your natural weight
- Give yourself the nurturing and comfort you need and deserve

Imagine a Fuller Life

What would your life be like if you freed up the time and energy you now spend preoccupied with thoughts of when and what you will eat and how you look and spent it living your life more fully, caring for yourself well and doing the things you really love?

It's possible!

I have helped hundreds of people develop a peaceful relationship to food, a comfortable relationship with their bodies and a gentle relationship with themselves.

Are You Ready?

Have Your Cake and Eat It Too! is open to women ages 18 and older who struggle with

- Emotional eating
- Compulsive eating
- Chronic dieting
- Restrictive eating
- Negative body image

The program is offered at my private office in Medford (near Davis Square, accessible by T) and through the Cambridge Center for Adult Education. It also can be customized for adolescents, men, and community groups.

Services Include:

- Psychoeducational classes
- Ongoing support groups
- Individual psychotherapy
- Workshops and speaking engagements
- School-based programs for students, teachers and parents
- In-house programs for organizations and professionals