

Weight Loss That Lasts

Using Tapas Acupressure Technique®

Results of pre- and post-assessment questionnaires from previous group members reveal a dramatically improved relationship with food and feelings and realistic weight loss.

"Eating to soothe my feelings" was reduced by 50%.

more results published in the NASW Focus Newsletter, February 2011

Tapas Acupressure Technique

Studied by Kaiser Permanente and funded by the National Institute of Health, The Tapas Acupressure Technique (TAT®) was compared to two other modalities and shown to be six times more effective for lasting weight loss. TAT is a self-administered mind/body approach that reduces and clears physical, mental and emotional stress.

"Sugar doesn't talk to me anymore. I stopped binge eating through using TAT directly on the habit of binge eating and on emotions such as abandonment related to bingeing."

~ FK (lost & kept off 34 lbs.)

"I always regarded eating as a symptom rather than the problem, so my much improved eating reflects overall stress management. ... My blood pressure, which was medication resistant, has dropped from 155 over 110 to about 125 over 85 in two months. ... I liked the sense of community although our experience and difficulties were very different." ~ EV

12 Session Group ➤ Life-Time Results

Next Group: Begins Thursday, March 15th; 7- 9 PM

Cost of group: \$60 per session (\$740 including materials)

Location: LifeWorks Center, 50 Dudley St., Cambridge, MA 02140

CEUs possible: Social Workers, LMHC, LMFT, nurses, TAT Practitioners

For more information go to
www.TheLifeWorksCenter.com or www.PartnershipInWellness.com
or contact one of the group leaders.

Group Leaders



Patricia Thatcher, MSW, LICSW, of The LifeWorks Center, has over 20 years of experience working in the psychotherapeutic field. She specializes in the use of mind/body methods including the Tapas Acupressure Technique, Thought Field Therapy, EMDR, The REMAP Process and hypnosis. Pat presents at international conferences, is a trainer of The Tapas Acupressure Technique and President of the New England Society for Trauma and Dissociation. She has a private practice in Cambridge, MA where she sees adults, children, couples and families dealing with stress related issues, including eating and weight problems.

Pat can be reached at **617-661-1277** or patthatch@thelifeworkscenter.com.



Beth Rontal, MSW, LICSW, of Partnership In Wellness, specializes in anxiety, depression, binge-eating and body image. Twelve years as a wellness coach and experience counseling weight loss patients in out-patient and in-patient settings, informs her view that diets don't work. She is a Certified Professional in The Tapas Acupressure Technique, trained in Internal Family Systems and dream interpretation. Beth is a member of the New England Society for Trauma and Dissociation, a clinical supervisor at Community Services Institute and maintains a private practice in West Roxbury, MA where she sees adults.

Beth can be reached at **617-522-6611** or BethRontal@PartnershipInWellness.com.