



The body never lies.

~
Martha Graham

The fee structure is based on an eight-week commitment, needed to foster safe and open discussions.

The group will have a maximum of eight members, small enough to foster comradeship, intimacy, confidentiality, and a feeling of safety but large enough to stimulate the sharing of diverse experiences.

Our own physical body possesses a wisdom which we who inhabit the body lack. We give it orders which make no sense.

~
Henry Miller

Benefits of a Support Group:

- Understand patterns and how they relate to weight management
- Understand the role of emotions
- Gain a sense of empowerment
- Feel less lonely, isolated or judged

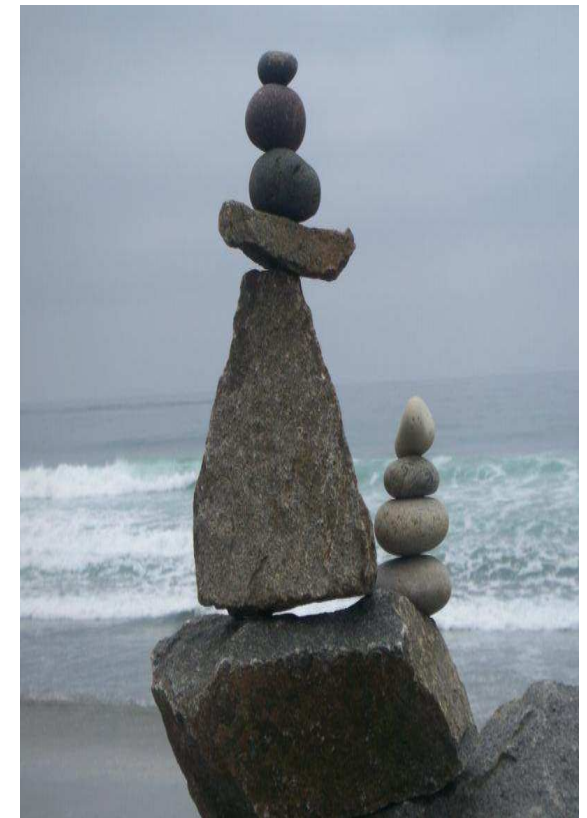
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Weight Management Support Group

An eight-week group for people feeling overwhelmed and concerned about weight issues



A weight management support group for people feeling overwhelmed and concerned about weight issues.

A safe, encouraging environment where group members share their concerns, increase their emotional vocabulary, learn and practice new coping skills, and connect to each other and community resources.

This group, limited to eight, will provide invaluable opportunities for members to both receive support and give support to other members who face similar life challenges.

This group will improve understanding of emotional eating, help reduce daily stress and feelings of isolation, and increase self-awareness and competencies.



Emotion always has its roots in the unconscious and manifests itself in the body. ~Irene Claremont de Castillejo

Nancy Rubbico, psychotherapist, has a private practice in Winchester and a clinical practice at Arbour Counseling in Jamaica Plain. Her practice focuses on individuals, couples, and groups dealing with depression, anxiety, bipolar, PTSD, as well as weight and parenting concerns. She helps people manage loss, stresses, addiction, and gain insight into destructive relationships and behavior.

With a strong framework for identifying unconscious repetitive patterns accompanied by the use of cognitive behavior methods, Ms. Rubbico has successfully helped patients gain clarity, feel empowered, and increase their choices in life.

Ms. Rubbico has an M.A. in psychoanalysis and a B.A. in social work. She is an accredited group leader with over 20 years' experience. She has been a frequent presenter at parenting conferences, covering topics such as "Neuro-feedback for Treatment of ADD/ADHD" and "Understanding the Phases of Sexual Development in Children." Ms. Rubbico is a member of Massachusetts Mental Health Counselors Association (MaMHCA). In addition, Ms. Rubbico has previously worked as a non-profit fundraiser and in corporate business.

