

Website: [www.trifectaweightmanagement.com](http://www.trifectaweightmanagement.com)

**CBT (Therapy Program)**

Excess weight is a very complex medical condition. Most people do not know that cognitive behavioural therapy is a pillar of weight management that leads to sustained weight loss.

Our team of therapists have expertise using cognitive behavioural therapy to manage excess weight. Research shows that ongoing therapy is pivotal in maintaining healthy weight even in the absence of pharmacotherapy.

This program is designed for patients who struggle with mood issues related to excess weight and or cravings. It also helps those who struggle with initiating and maintaining motivation to follow a treatment.

Ongoing behavioural therapy is critical to a comprehensive weight management program that goes beyond weight and reframes the negative thoughts and patterns to help patients break the negative cycle of frustration.

Throughout the duration of the program, you will have access to medical consultations with Dr. Gardizi to ensure you maintain your wellness goals.

**Cost of Program:**

$685.00 plus HST

**Includes**

* Six 50-minute sessions or an initial 50-minute session followed by ten 25-minute sessions
* 4 physician consultations
* Sessions are all done virtually
* Most insurance plans offer coverage for therapy and receipts will be provided after each session

***Please sign up by contacting us at*** ***trifectaweightclinic@gmail.com*** ***and a member of the team will reach out to get you started on your wellness plan***.