

EATING BEHAVIOR & MENTAL HEALTH

Compulsive Overeating / Binge Eating Episodes

Processed Food Addiction

Matthew A. Webster, MA, MS, ED.D, LPC

OVERVIEW

These services are offered by Matt Webster at Martin Counseling, PLLC and provide ongoing education, assessment, guidance, and support for those experiencing episodes of compulsive overeating, binge eating, and/or processed food addiction. Using an evidence-based nutritional backdrop and various therapeutic techniques with an emphasis on cognitive-behavioral approaches, the aim is to determine the extent of problematic eating patterns and work with you to create a personalized plan of action with the ultimate goal of achieving new cognitive and behavioral outcomes.

WHAT TO EXPECT

The first session includes the discussion of your completed intake forms and depending on your presenting concerns, there may be several screenings and/or assessments performed regarding your thoughts, feelings, and behaviors involving food. Beyond that, most of the remaining time will be to learn more about you, your regular routines, experiences, and goals. As the end of the session nears, specific recommendations will be provided, and your direct feedback will be used to determine an individualized course of action.

CLINICIAN BACKGROUND

Matt Webster's formal education is multi-disciplinary, which provides a unique mix of training and perspective that he draws upon when working with clients. After earning a bachelor's degree in animal science, he graduated with a master's degree in clinical psychology, and a doctorate degree in supervision, curriculum, & instruction - higher education, specializing in psychology.

He also has extensive training in nutrition, particularly as it relates to processed food addiction, obesity, compulsive overeating, and binge eating. He completed a certificate program in plant-based nutrition and holds an additional master's degree in nutrition.

Ready to start? Give us a call at 713.489.5473 today!

MARTIN 713-489-5473
COUNSELING



472 Park Grove Dr.

Katy, TX - 77450

Phone: 713.489.5473

MartinCounseling.com

Info@HoustonLPC.com

Overeating / Binge Episodes

Characterized primarily by recurrent sessions of consuming a larger amount of food than most people would eat in a similar period. It also includes a feeling of losing control while eating during the episode (can't stop eating or control the quantity).

Processed Food Addiction

Described as a compulsive or uncontrollable urge to consume foods in the absence of hunger. These urges tend to associate with specific food components, particularly refined flours, sugar, oils, and fat.