

The ETPHD method

Make lifelong change to your relationship with food, your body & your health



CLINICAL & PSYCHOLOGICAL SUPPORT

We are very pleased to offer a bespoke service combining dietetics and therapy for those with more challenging disordered eating habits, eating disorders and/or body dysmorphia. These challenges usually require both dietetics (clinical nutrition) and therapeutic support, which as standalone services prove to be costly and sometimes, opposing in support. Roslyn, an ETPHD coach, is a Registered Dietitian, qualified and experienced in supporting dysfunctional relationships with food and eating disorders. Bekka is a Counsellor and Trainee Psychotherapist. Roslyn and Bekka are experienced within the fitness and wellness space, so appreciate the complexities and challenges it brings.

DIETETICS & PSYCHOTHERAPY - £549

ETPHD Method Coaching
Dietitian-led coaching
Therapy

Contact:

Weekly check-ins and updates

WhatsApp support

Bi-weekly 30minute zoom session with Roslyn

Bi-weekly 50 minute zoom session with Bekka



**When you're happy to
get started, complete
the form here or
email
info@emilia.fitness to
get things moving.**