

# The ETPHD method

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



# The ETPHD Method

All coaches in this team are **Certified Nutritionists** and use the ETPHD Method.

## What you'll achieve\*:

- Improved relationship with food
- Reduced food preoccupation
- Reductions in emotional & overeating
- Improved body image
- Improved health
- Menstrual cycle restoration
- Body composition changes
- A life no longer governed by food

## What you'll get:

- Nutrition, lifestyle & mindset analysis
- Example nutrition plan
- Habit development & behaviour change
- Therapeutic strategies for self-support
- Training programming\*
- Unrivalled compassionate support & accountability

## Six strands of focus:

- Values-aligned goal setting
- Nutrition education
- Re-establishment of internal cues
- Mindfulness
- Self-compassion
- Emotional regulation

\*where appropriate / desired

# BEKKA LEAHY HARTNETT

**Bekka**

**EIQ Certified Nutritionist  
Counsellor & Psychotherapist M.A  
Personal Trainer**

## **1) HOLISTIC COACHING – £279**

**ETPHD Method Coaching  
(including nutrition and training support)**

**Contact:  
Weekly check-ins and updates**

## **2) HOLISTIC PSYCHOTHERAPY £499**

**ETPHD Method Coaching  
(including nutrition and training support)**

**Contact:  
Weekly check-ins and updates  
x2 50 zoom calls per month**

**\*prices are per month**



# CLINICAL & PSYCHOLOGICAL SUPPORT

We are very pleased to offer a bespoke service combining dietetics and therapy for those with more challenging disordered eating habits or eating disorders. 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 (eating disorders require clinical support beyond the scope of a Nutritionist). 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



# **Dr Emilia Thompson BSc MSc PhD RNutr**

**Emilia has worked with thousands of clients and professional athletes to minimise and eradicate unhealthful eating behaviours, improve self-compassion, mindfulness, body composition and overall lifestyle.**

**She does not take clients personally, but developed the ETPHD Method after years of coaching & research, and works with all coaches to utilise this in a similar manner.**



**When you're happy to  
get started, reply to  
Emilia or Bekka, or  
email  
info@emilia.fitness to  
get things moving.**