Hiya,

I’m Nadine the therapist lead here at Morelife, I have been a psychotherapist for 27 years and a hypnotherapist for the past 7 years. I have specialised in weight loss and management for the past 15 years.

Here at Morelife, I facilitate the Emotional/binge eating therapy groups, we have great results in these groups with the majority of our clients stopping the emotional/binge eating and losing weight.

It is a small group of people that understands where you are on your journey. The main thing the clients say is “I feel safe, supported and understood by the group for the first time in my life – I don’t feel alone, other people are going through similar thoughts, feelings and emotions as me!” They also say “I have been too ashamed to tell people in the past of my binging secret but now I feel understood by the therapist and the other people in the group, who have become my friends and support through the What’s App group that is created. We discuss all kinds of issues in the What’s App group from feeling like a failure because I have binged to celebrating the success of now walking over 10,000 steps from not doing 500, to not binging in over 4 months.

In the groups we cover subjects of emotional regulation, finding out the why, self-care, body image, habits, building self-worth and more.

Alongside our emotional/binge eating groups, we also offer 121 therapy and coaching for weight loss.

Looking forward to seeing you soon.