

J LEWIS THERAPY

Issue 1 | February 2021

Website renovation

We've updated our website! When you visit jlewistherapy.com, you can see some FAQs, learn more about our clinicians, our approach and specialties,

Groups We Offer

- Eating Disorder Recovery
- Adolescent Mental Health
- Adults over 40

All of our groups highlight interpersonal processes and are currently virtual as we continue to follow CDC guidelines for social distancing due to COVID-19.

More About Us

At J Lewis Therapy, we approach our work psychodynamically and relationally. This means we look at a person's past to understand their present. We also utilize the close relationship built between client and therapist to understand the presentation of issues in other aspects of life.



No New Years Resolutions

As another year has come and gone, society reminds us that maybe we weren't quite "good enough" over the past 12 months. In January, the ads we see on TV and social media say that we weren't exercising enough, eating healthy enough, or being disciplined enough. In truth, January 1st of any year is just another day. Why has society placed such emphasis on the beginning of a new calendar? The answer is simple: diet culture drives business.

It is exhausting to be bombarded with commercials and digital advertising of activity apps, weight loss programs, and meal prep





Staff Spotlight - Jessica Harris, MA, APC, NCC

Jessica is an Associate Licensed & National Certified Professional Counselor who has a crazy passion to help women evolve from insecurities and shame to confidence and resilience. She received her Master's in Clinical Mental Health Counseling from Liberty University.

- She enjoys working with women dealing with depression, anxiety, imposter syndrome, stress, shame, eating disorders/disordered eating, body image issues, & life transition challenges.
- Jessica has become Atlanta's innovative "Beauti Therapist" that support women to embrace their bodies at any size with makeup artistry.
- With the professional eye and understanding of diverse beauty from facial features, skin types, complexions, and cosmetics Jessica truly educates and empowers every woman for what works for them rather than pushing society's idea of beauty and perfection with luxury beauty services.

Learn more about Jessica on jlewistherapy.com!

kits. To top it off, the industry tries to use a trusted celebrity to influence consumption of such products alongside their "special low prices." Unfortunately, diet culture has its claws deep within all types of humans, and frankly, it's an un-human ideal.

So now it's February and your resolution has probably not been working out as advertised. That doesn't make a person a failure or worthless; it makes them human. A diet or exercise resolution is really just an extra-long intention that is incredibly difficult to manage for the following 365 days. With this in mind, how can you create an intention for the remainder of the month to move away from diet culture?

Coming soon...

J Lewis Therapy is starting some new groups, called the "I Don't Know" Series.

You know that feeling when you are trying your best but at the end of the day you throw your hands up in the air and say "I don't know what to do?!" We get that and hate the feeling ourselves. We thought we could do something about it - or more - do something to support you.

The "I don't know" series sounds exactly like it is. We will post a group topic that we selected as an area that might lead you to feeling stuck, unsure, yet in need of guidance and support. The sign up is simple - when we post a topic you like, email us to sign up and you are on your way to acquiring the knowledge and direction you are looking for. Stay on the lookout for individual flyers!

Below are some upcoming topics, and if you would like to see others, please reach out and let us know!

Feeding Kids (Picky, overeating)

Living in a Larger Body

Being the loved one of a family member suffering from ED