



Introducing:

**Rhea Bergmann**

*Non-Diet Dietitian & Psychotherapist*

Mind-Full of Food Nutrition Counselling

Rhea applies the principles of Health At Every Size® (HAES®) and the Non-Diet Approach to assist her clients to respect and care for their bodies with food. The non-diet philosophy is one that is weight neutral, assisting an individual to engage in health behaviours regardless of their body weight, shape or size and shifts the focus to wellbeing rather than weight change. Rhea works with individuals and groups to develop their skills and increase their awareness of natural internal eating cues, build body trust and move away from fear-driven, restrictive & rules-based eating.

**Non-Diet Outcomes**

- Increased trust with food & body signals
- Attuned to appetite
- Decreased guilt & obsession with food
- Comfortable body signals – minimal uncomfortable hunger & fullness
- Flexibility, compassion & loving self-care
- Mindful eating, eating for enjoyment, nourishment & satisfaction
- Acceptance of all foods
- Physical movement for enjoyment & overall health and wellbeing benefits
- Holistic definition of health – physical, emotional, mental & social

Rhea is also a Psychotherapist and integrates mindfulness & compassion-based counselling therapies into a nutrition counselling setting. She holds a strong interest in mind-body health and as such, primarily sees individuals with food and nutrition concerns including: binge & emotional eating, body image dissatisfaction & weight pre-occupation, disordered & restrictive eating. This approach is also applicable and useful in chronic disease management to improve blood glucose, blood pressure and cholesterol parameters and increasing dietary variety.

**| Fees |**

\$110 - All consults are 50min in duration.

**\$30 on-the-day cancellation fee applies to all appointments. 24hrs notice is required if rescheduling.**

**| Consult times |**

Monday 2-6pm  
Thursday 2-6pm  
Friday 1-6pm

**| Referrals |**

Individuals can see Rhea via self-referral and may be eligible for a rebate through their respective private health fund, up to the amount determined by their provider. Alternatively, if they have a referral under a Team Care Arrangement (TCA) or Enhanced Primary Care (EPC) Program coordinated by their GP, individuals will receive a rebate through the Medicare Benefits Schedule (MBS) and will be required to pay the subsequent gap at each consult.

Rhea looks forward to assisting you in the cultivation of improved health and wellbeing and welcomes the opportunity to answer any questions you may have about her approach.

**Contact**

**Adelaide Health Care**

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**Rhea Bergmann**

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