

Mental Health  
Lifestyle Management



WELLNESSMD



## MIND BODY CONNECTION

Total wellness is reliant on a direct and harmonious relationship between mind and body. Our philosophy is to empower you to relax your mind so that you may focus on what your body is telling you. At WellnessMD, we offer a safe and non-judgmental environment that will help to promote and facilitate your journey to wellness. The therapeutic relationship with you and our psychologist provides a deep connection based on confidentiality and absolute trust that are vital components in helping you achieve the best outcomes possible.

We will support and empower you in gaining awareness into your life. Together, we can take the steps necessary to resolve any struggles you may be having and to invite positive changes into your life. While recognizing your unique strengths, you will be made aware of the many opportunities you have to grow. You will also learn to listen to and trust yourself. In turn, we will move you toward a greater quality of life and improved confidence.

## OUR APPROACH

We utilize an eclectic and integrative approach to help move you toward balance and wellness. With extensive training and years of experience in a variety of different approaches, our psychologist can draw on a wide range of psychological techniques to find a style which is best suited for your individual needs. Each individual is unique in their experiences, difficulties, and emotions; what may work for one, may not work for another. Our comprehensive approach focuses on the mind and body to increase your likelihood of reaching psychological wellness, fulfilling your goals and living a more meaningful life.

## AREAS OF EXPERTISE

- Overall Wellness
- Stress Management
- Depression
- Anxiety
- Relationship Issues
- Grief
- Eating Disorders
- Obesity & Weight Loss Surgery
- Long-term Weight Loss
- Addictions
- Parenting
- Self-growth
- Gifted Testing
- Bariatric Evaluations



## GIFTED TESTING

Gifted Testing - All children are special in their own ways. There are many ways to be gifted. Individuals can be gifted intellectually, musically, artistically, or athletically, among others. However, an IQ test is used to evaluate if a child is intellectually gifted and would benefit from receiving more rigorous academic programming at school. Therefore, testing children for giftedness has to do with accommodating children who require an educational system which is more academically challenging. The public school systems (and many private schools) require intelligence (IQ) testing to identify whether or not a child meets the gifted criteria in order to enter this type of program.

## BARIATRIC SURGERY EVALUATIONS

Bariatric Psychological Evaluations are conducted prior to undergoing bariatric surgery. Many insurance companies want to see that the individual is a suitable candidate for compliance following their surgery. Bariatric practices that have met the standards for Center of Excellence expect that all of their patients will undergo a thorough Bariatric Evaluation before being considered for surgery.

Our psychologist has worked with bariatric patients for many years. She has seen firsthand their success and struggles associated with the surgery. She has witnessed her patients experience unbelievable life changes and improved quality of life. Our Bariatric Evaluations will offer you recommendations and feedback on how to prepare yourself to have long-term weight-loss following the surgery.

## LONG-TERM WEIGHT LOSS

With weight loss, more often than not, psychological factors are the root cause of weight problems. Our approach does not focus on an arbitrary number on a scale, and is not for those whose only objective is to lose a quick 20 pounds to fit into a dress. Rather, we will help you to lose weight in a healthy way with long-term and lasting changes. We help you to take care of your own needs first and gain balance in your life. We help you to incorporate those foods and behaviors that are healthy and empowering to you, which in turn will help you to look and feel better and shed those extra pounds. Further, our approach focuses on long-term weight loss and maintenance. No matter how much weight you have to lose, our program is geared for your individual needs. When you are ready to have more energy and zest for life, we here to help you!

## STRESS AND WELLNESS

Short-term stress can excite us and inspire us to work at what needs to be taken care of. Long-term stress, however, can impact our physical and emotional health. The idea is to recognize and be aware of our stress triggers, as well as our reactions to pressures from the world around us. After becoming aware of these triggers, we can then learn effective and long-lasting coping strategies to deal with stress. We can also learn to attract positive energy and to steer clear of negative influences.

# WELLNESSMD



**DR. HEIDI RIMER CHERWONY** was born & raised in Johannesburg, South Africa. Following a brief career as a professional tennis player, she accepted a scholarship to attend the University of Tulsa. Upon graduation, she moved to South Florida where she earned her Doctorate with honors in Clinical Psychology from Nova Southeastern University.

Dr. Cherwony has gained a myriad of experience with individual therapy, group therapy, and psychological assessment among a variety of client populations. Prior to WellnessMD, she worked at the prestigious Renfrew Center, the leading institution for the treatment of eating disorders, and worked with bariatric surgeons to help her clients make necessary life changes, before and after weight loss surgery.

Dr. Cherwony is a member of The American Society for Bariatric and Metabolic Surgery and has been a distinguished presenter at conferences over the years. In addition, she is a recognized expert in assisting her clients in the areas of depression, anxiety, stress management, long-term weight management, eating issues, bariatric surgery, addiction and complete wellness for a happy and healthy life!



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