



## **Nutrition Therapist at Therapeutic Oasis Becomes Certified Intuitive Eating Counselor**

*Christie Caggiani, RDN Now Certified in Evidenced-Based, Mind-Body Health Approach, Intuitive Eating*

**Boca Raton, FL – August 14, 2020:** Therapeutic Oasis, a highly regarded therapy center with locations in Boca Raton and Jupiter, today announced Co-Founder and Nutrition Therapist, Christie Caggiani, is a Certified Intuitive Eating Counselor. Intuitive Eating is a self-care eating framework, which integrates instinct, emotion, and rational thought and was created by dietitians Evelyn Tribole and Elyse Resch in 1995. Learn more about Intuitive Eating at <https://www.intuitiveeating.org>.

Christie has specialized in disordered eating and eating disorders since 1995, beginning with a nationally renowned treatment center before founding her private practice. Her mission has been to work with individuals and families on their journey toward a balanced and fulfilling life with food, and to challenge the intense cultural and societal pressures around eating and bodies. She is passionate about teaching clients to eat intuitively and move joyfully.

Caggiani believes in a mindfulness-based, non-diet approach that allows her clients to identify, understand and move beyond their eating struggles, as they reconnect with their internal signals of hunger and satiety. She has been interested in Intuitive Eating since she first discovered the self-care eating framework, which integrates instinct, emotion, and rational thought.

Caggiani explains: "It is a weight-neutral model with a validated assessment scale and over 90 studies to date. The principles work by either cultivating or removing obstacles to body awareness, a process known as interoceptive awareness. Essentially, Intuitive Eating is a personal process of honoring health by listening and responding to the direct messages of the body in order to meet your physical and psychological needs."

As a Nutrition Therapist, Caggiani speaks regularly to groups of children and adults, and counsels individuals in such areas as disordered eating, eating disorders, preventive nutrition, women's health, and wellness. She works as part of a multi-disciplinary team, sharing clients with a variety of experienced psychotherapists and physicians in the area, so as to most comprehensively meet each individual's needs.

### **About Therapeutic Oasis**

Therapeutic Oasis of the Palm Beaches was founded in 2013 by licensed clinical psychologists Dr. Patricia Shutt and Dr. Nicole Friedman and Registered Dietitian and Nutrition Therapist Christie Caggiani. To date, the practice has guided hundreds of patients through their journey to health, happiness and peace via short-term and intensive therapy. With two locations now at 851 Broken Sound Parkway NW (Suite 250) in Boca Raton and 600 Heritage Drive (Suite #130) in Jupiter, Florida, Therapeutic Oasis offers an intimate healing environment designed to feel safe for clients and their families. Its growing staff of dedicated and skilled providers work collaboratively with a team-based approach to provide

psychologically sound, evidence-based individualized treatment and integrative services that encourage mindfulness and balance. As a therapist-driven program, the holistic practice can work with in tandem with psychiatrists and other medical professionals to curate expert teams for each client that may also encompass nutrition, yoga and other modalities. Learn more at [www.therapeuticoasis.com](http://www.therapeuticoasis.com).