

**Paige Numata, Ph.D., LMFT**

**Description:**

I work with adolescents and adults, female and male, who want to change their relationship to food. This includes people who have diagnosed or diagnosable eating disorders and people who just believe they spend too much time and energy focused on food. I use methods supported by research, including cognitive-behavioral therapy, family therapy, and interpersonal psychotherapy. I plan the course of therapy with the client, and when appropriate, I work closely with medical doctors and dietitians to provide the best possible care. I offer intensive individual therapy, supportive individual therapy, group therapy, and family therapy.

Address Line 1: 221 N Wall Street, Suite 411

Country: USA

State: Washington

City: Spokane

Zip: 99201

Website: <http://www.spokanefamilytherapy.com>