

Valerie A. Leaf, MA

Description:

I am in private practice in No. Seattle, WA, near Univ. of Washington. In treating eating disorders, I utilize various modalities, including cognitive-behavioral methods, guided imagery, family of origin, and object relations theories. I am interactive, offer feedback and interpretations, and validate your experience and feelings. It is important to provide a safe environment in which to explore strategies for recovery.

Together, we explore relationship issues, life situations, and family history; depression, anxiety, perfectionism, and substance abuse disorders commonly co-exist. I listen carefully to find ways to access your strengths, resources, and past successes in overcoming adversity. Recovery is possible for anyone.

I have 30 years experience with eating disorders, both personal and professional, including three years in an inpatient setting. In my private practice, I led weekly groups for 10 years. I encourage participation by family or friends, if desired, for support.

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