

Kali Munro, M.Ed

Description:

I am a psychotherapist in private practice with 18 years experience. I provide individual, couple, and group psychotherapy for a variety of issues including body image/food issues, and eating disorders. I have experience with body image/food issues and eating disorders that arise from trauma, dysfunctional family relationships, parents who have body image or eating disorders, low self-esteem, familial pressures, societal definitions of beauty for both women and men, among other reasons. Regardless of the reasons for having trouble with food or your body image, I am both process and practical oriented. This means I emphasize both the therapeutic process as well as offer you practical tools that you can use in your daily life. I am skilled at using a variety of counselling modalities including psychodynamic, gestalt, psychosynthesis, visualization, body movement, guided imagery, and body awareness. I use the approach that is best suited to you.

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