

## **Alternatives Center for Counseling and Psychotherapy**

### **Description:**

John Levitt, Ph.D. has been treating eating disorder clients for over twenty five years. He has given over 150 presentations locally and nationally and is the author of three books. He is Director of Alternatives which is an outpatient clinic designed to treat eating disordered clients, those who self-injure, or have a history of abuse or trauma. John is the developer of the Self-Regulation Approach to treating eating disorder clients. Services, including family and group, are designed to return clients to a sense of well-being and life functioning.

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