

## **Family Behavioral Health**

### **Description:**

I provide individual, couples, and family counseling for those struggling with eating disorders. I work holistically, and view this problem as a disorder of the mind, body and spirit to which complete recovery is possible. Sharing my own recovery and helping others heal and cultivate self-love is my life's work. I work using motivational enhanced therapy and a lot of understanding! I encourage a team approach including a doctor and Registered Dietician to assist you in creating health and change. This is a process and you get to set the pace of recovery. There is hope! Please contact my office or email me and I will provide you with a prompt response.

Address Line 1: 3000 Bethesda Place #802

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State: North Carolina

City: Winston Salem

Zip: 27103