

Bridget Fanning-Ono, Psy.D.

Description:

I provide individual psychotherapy for people struggling with eating disorders and body image issues as well as any co-existing addictions or mental health issues. I work collaboratively and tailor my therapeutic approach to the person's individual needs, but I include results-oriented approaches with techniques to help you understand the meaning of your symptoms. It is important to understand how you developed your maladaptive eating patterns, but it is even more crucial to help you improve your life and develop coping skills in order to free yourself from your food and body image prison. It is important to practice in between sessions that which is learned in therapy. I will collaborate with you in developing means of bringing your therapeutic developments out of session and into your life. I am a Licensed Psychologist and have worked in various eating disorder as well as dual diagnosis treatment facilities for over 10 years.

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