

**Alison McCabe, MA**

Description:

I have been licensed as a marriage and family therapist since 1993 and have been working with adults and adolescents for the last ten years. I lead groups for compulsive eaters and binge eaters both privately and at Kaiser Permanente in Oakland. I am empathic and use a variety of approaches--combining mindfulness, cognitive-behavioral techniques and more depth work. I am committed to helping women, men and teens get freed from the constant obsession of food and body image that trouble so many and can consume one's life. Offices: 1664 Solano Avenue Berkeley, CA 94707 2171 Union Street San Francisco, CA 94123

Address Line 1: 2171 Union Street

Country: USA

City: San Francisco

Zip: 94123

Website: <http://www.alisonmccabe.com>