

## **Barbara Rose MFT**

### **Description:**

I offer individual, couples or group therapy for women and men of all ages struggling with eating problems. If you are looking for a therapist, you may feel that you are ready to give up your eating disorder for good, and there may be times you wonder how you can survive without it. I utilize a range of theory to help my clients integrate parts of themselves that are conflicted, and to learn to use emotion to access a deeper healing self. Currently I accept ComPsych, Blue Shield, Pacific Foundation for Medical Care and TriWest insurance, but call to check on your insurance or for sliding scale fee. My regular fee is \$100. Using food to manage your life and your potential is a temporary solution and ultimately harmful. Let me help you strengthen your connection to your own desire to heal and help you learn healthy ways of regulating your emotions.

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