

Balz, Psychotherapy

Description:

Caroline Carlson Balz is currently a psychotherapist in Massachusetts with offices in Newton and Cape Cod (Falmouth, MA). She is Chairman of the Board at MEDA (formally known as the Massachusetts Eating disorder Association) and is passionate about the treatment of eating disorders. Caroline believes in a strength-based approach, using Dialectical Behavioral Therapy, Cognitive Behavioral Therapy and self-psychology as the main therapeutic orientations. Caroline has her Master's in Organizational Psychology from Columbia University and a Master's in counseling from University of Massachusetts, Boston. Caroline runs groups and sees people individually, as couples or for family therapy.

Address Line 1: at MEDA's office in Newton in Falmouth, MA

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