

**Abby Penson, Ph.D.**

**Description:**

I have specialized in the treatment of Adolescents and Adults with Eating Disorders since 1996. I know and understand the difficulties and many challenges that those trying to recover face and offer a balance of support and challenge in therapy to help them achieve their goals. I know that it can be very scary to attempt to live a life without an Eating Disorder after relying on it for so long, but I know and believe that it is possible. I assist individuals to identify and work through their issues and regain control of their life. I offer Individual, Family, Couples, and/or Group Therapy. At times, it may be important to utilize a team approach and collaborate with other professionals such as Dietitians, Physicians, and Psychiatrists in order to more fully help the individual. I also offer a FREE ANAD Support Group. Please call me for more information about this and other groups.

Licensed Clinical Psychologist - PSY21602

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