

## **Dale Ann Karl**

### **Description:**

My passion is helping individuals with eating disorders because I personally recovered from an eating disorder about 20 years ago. I love watching people grow and being part of the process. Sessions are geared toward the personal needs of each client. I view the individual as coping with life in the best way he or she knows how, and view the individual's difficulties as understandable responses to life situations. Together, we begin to understand the difficulties, where they come from, and then move through them to a happier, healthier place. I specialize in working with adults struggling with bulimia, binge eating, compulsive overeating and obesity.

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