

Andrea Ontiveros, LCSW

Description:

I am a licensed psychotherapist with a practice in Long Beach who has specialized in treating people with eating disorders since 1999. I have experience providing treatment in residential, day treatment and outpatient settings. I have found in my work with Anorexia, Bulimia, Binge eating, exercise addiction and body image distortion, that it is so important to help the individual gain an understanding of what purpose the eating disorder is serving in his/her life. I help explore and identify what needs are being met by the eating disorder and how it can communicate when one may have difficulty verbalizing their needs and emotions. I use an individualized treatment approach which can include psychodynamic, cognitive-behavioral, experiential and psychoeducational therapies. My approach is grounded in my respect for the mind-body connection. I also address the issues that often coexist with the eating disorder, such as depression, anxiety, trauma, drug/alcohol abuse, self-mutilation and r

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