

## **Angela R. Wurtzel, MA, MFT**

### **Description:**

Angela R. Wurtzel, MA, MFT, is a certified eating disorder specialist who provides specialized psychotherapy services for the treatment of eating disorders, self injury and compulsive shopping. By providing a safe and empathic environment, Angela helps people overcome self destructive urges while developing insight and a stronger sense of self. Her approach is unique and addresses the needs and concerns of each person she works with. Angela's patients are welcome to express thoughts and feelings and develop beyond their eating disorder.

Angela R. Wurtzel is also the clinical director for the Santa Barbara based New Directions Intensive Outpatient Eating Disorder Program which provides 8 hours of group psychotherapy and nutrition per week. This program addresses the behavioral concerns and psychological needs of those needing a higher level of care.

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