

**Gayle S. Janzen, Ph.D.**

Description:

I have specialized in treating all types of eating disorders in adolescents and adults, females and males, for over 20 years. I work with individuals and sometimes include affected family members, when appropriate. My approach is cognitive-behavioral. I help individuals understand and change patterns of thinking and behavior and find healthier ways of coping with negative feelings about themselves, their bodies and their relationships. It has been my experience that you can recover from an eating disorder and reclaim a healthy and normal life.

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