

Ada Karlstrand, MFT

Description:

Ada Karlstrand LMFTI am a licensed marriage family therapist with experience treating clients with eating disorders, including anorexia, bulimia and eating disorders NOS (which includes binge eating disorder), as well as clients with eating disorders and co-occurring substance abuse disorders. Additionally, I also have experience working with clients who may not meet the specific criterion for an eating disorder, but are struggling with such issues as: eating when not hungry, not eating when hungry, repetitive dieting and obsession about calories and fat intake, feeling embarrassment or shame about eating in front of other people, using alcohol or drugs to control weight and eating, engaging in constant comparison of your body to others, never feeling satisfied with your weight or having the numbers on the scale determine your mood for the day. For people with eating disorders, the pain and struggles of daily life can become transferred into issues with food and body image. For example,
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