

## **Christin Simpson**

### **Description:**

I have a unique background as a psychologist and exercise physiologist and I have a private practice in Cary, NC. I work with individuals and their families of all ages. I feel that it is so important to create a bond between our physical and emotional selves through healthy and positive lifestyle techniques. My specialty is eating disorders, including anorexia, bulimia, binge eating as well as weight management. My work with individuals is surrounded by identifying, feeling and dealing with appropriate emotions, reconstruction of irrational/unhealthy thoughts, developing healthy relationships with the self and others and other issues that individuals who deal with disordered eating patterns are involved with.

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