

**Allison Jupiter, LCSW-R**

**Description:**

I am an experienced psychotherapist specializing in eating disorders and substance abuse. I begin with where the patient is in their recovery process and understand how difficult the prospect of recovery can be. I utilize a combination of insight-orientated and cognitive-behavioral approaches to help patients increase their self-esteem and maximize their potential. I am an in-network provider for Aetna and Cigna. I also offer a sliding scale upon request.

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