

## **Dr. Lyndsay Elliott**

### **Description:**

Dr. Lyndsay Elliott treats all forms of eating disorders; males and females, children, adolescents, and adults including relatives of those affected with an eating disorder. Dr. Elliott also works with Athletes and Compulsive Exercisers, Night Eating Syndrome, Food Addiction, Binge Eating Disorder, Obesity, Compulsive Overeating, Obsessive Compulsive Disorder (OCD) and Body Dysmorphic Disorder (BDD). Her eclectic approach to therapy varies according to the needs of the Client, and emphasizes a collaboration of psychodynamic psychotherapy, interpersonal therapy, cognitive behavioral therapy, and coaching/mentoring when appropriate. Working together from a relational approach, therapy will focus on how you to relate to others as well as to yourself.

Please see my website for more information about treatment.

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