

**Beth Stevenson, MA, DT, CCC**

**Description:**

I am a psychotherapist who believes that in order to heal, one must gain insight by embarking on a journey of self-discovery, to not only discover the roots of our "problems", but also the many branches that have intertwined to shape our lives.

I believe that healing is a gradual process, controlled by the client, resulting in an experienced transformation witnessed by the therapist. The path is unique for each client, and is both exciting and scary, but always traversable. My role is to support, encourage, and engage my clients in a way that may be uncertain, yet remains safe.

I myself suffered from an eating disorder for 10 years of my life, and have undergone my own therapeutic and creative process in order to heal, and will probably continue on that journey for the rest of my life. My dream is to help my clients find nourishment in places that have probably always been there, but just needed to be uncovered.

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