

Allison Basile, LCPC

Description:

As a practicing psychotherapist for 27 years, my philosophy is to provide a therapeutic environment as I would want for myself. I believe that a right "fit" is what makes a successful therapeutic relationship. Eating disorders is one of my areas of expertise beside treatment of depression and anxiety. Recently I have helped to design and implement a weight and lifestyle change outpatient program at a local hospital in Maine. I also work with couples.

As a life coach, I work with men and women and help them focus on creating a meaningful and satisfying life. This work can also be done via phone.

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