

Gabriella Pessah, PsyD

Description:

I have been working with those with ED since 1994 and have a deep passion for working with men and women who are concerned about their relationship with food and their body.

While I believe every stage of life brings opportunities for growth, times of transition may bring uncertainty, conflict, and loss. I strive to be gentle and empathic, as I encourage clients to go at their own pace, to seek their own truth, and to find their own voice. I provide a warm, non-judgmental, interactive therapy relationship that aims to help people deepen their insight, break unhealthy patterns, and create more satisfying and fulfilling lives.

Based on my clients' needs, I use a variety of approaches so my clients' may achieve the life they seek. Together, we explore patterns of the past, understand issues shaping the present, and make changes for the future. Each person's path is unique; it is my privilege to share in their journey.

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