

**Amy Herzog Woods, PsyD**

**Description:**

Licensed Clinical Psychologist specializing in the prevention, treatment, and recovery of all eating disorders. I work closely with registered dietitians and psychiatrists to ensure the highest level of care.

I have gained my experience by working at the University Medical Center at Princeton's Eating Disorders Unit for more than 5 years, as well as University Counseling Centers, and the Renfrew Center. I have been specializing in the treatment and prevention of eating disorders since 1998 and work with children, adolescents, and adults. I use an integrative relational style that incorporates both psychodynamic and cognitive behavioral techniques. I see therapy as a collaborative relationship in which the clients are active participants in the process of change.

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