

Allison Puryear, LICSW

Description:

I specialize in helping people recover from eating disorders, sexual trauma, and/or anxiety disorders. The obsessiveness and lack of control of an eating disorder, the emotional roller-coaster of sexual trauma, and the frantic feeling associated with anxiety don't have to be a part of your life forever. I've had the opportunity to work with people struggling with these issues since 1998 and have seen clients work through them and live healthy, happy lives full of meaning and purpose. I use a mix of cognitive behavioral therapy, dialectical behavioral therapy, and interpersonal theory. I'm firm but compassionate and I am committed to my clients' healing.

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