

## **Allison Katz, LMSW**

### **Description:**

The barometer of mental health is one's ability to work, love, and play. My approach involves helping individuals view themselves in a different light and providing the tools necessary to enact meaningful change. The courage to seek therapy is the first step in transforming one's life. Accordingly, I create an environment that is not only nurturing and non-judgmental, but also strength-based and solution-focused. I believe the bond between client and therapist is the essential element in the therapeutic process, and I am uniquely able to form these trusting relationships.

While I welcome any and all populations, I have extensive experience working with patients living with eating disorders, anorexia, bulimia, relationship issues, life transitions, and depression. I also specialize in treating college and graduate students.

It is often a confusing and difficult process to seek the help that one needs. Please contact me to arrange a free consultation today.

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