

Anita K. Sanz, Ph.D.

Description:

I am a therapist in private practice and have been working with clients with disordered eating problems for almost fifteen years. I combine a variety of approaches which I tailor to the specific needs of the individual. I am able to work collaboratively with a local nutritionist and physician's assistant to provide a team approach to helping clients achieve more control, change problem behaviors, and gain self-esteem. I love working with my clients and as a team, we can make great things happen.

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