

Abby Sarrett-Cooper, MA, LPC

Description:

I believe that you deserve treatment that works to alleviate your suffering. That's why I use methods that have scientific research evidence supporting them in combination with compassion and experience. For adolescents there is clear evidence that the Maudsley or family based approach works best and does not pathologize or blame the individual or the family. Instead the family's strengths are important tools in recovery. This approach is about empowering the family and research data shows that it is the most successful approach to treating adolescents suffering from anorexia and bulimia. For adults CBT and DBT are the gold standard. These tools combined with compassion and collaboration form the safe therapeutic relationship necessary for recovery. Please take the first step to reclaiming your life by calling me.

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