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Description:

Outpatient treatment for an eating disorder often involves a coordinated team effort between the patient, a psychotherapist, a physician, and a dietitian (yet, many individuals are treated by their pediatrician or physician with or without a mental health professional's involvement).

Many individuals are seen and helped by generalist mental health clinicians without specialist involvement. Not all individuals, then, will receive a multidisciplinary approach, but I will coordinate access to all of the treatment providers.

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