

**Dana L. Castellano, Psy.D.**

**Description:**

Many people, both men and women, struggle to maintain a culturally desirable level of thinness. Too often, this desire leaves us feeling as though we are not good enough just the way we are. These feelings can lead to many kinds of self-destructive thoughts, feelings, and behaviors around food, body image, and physical activity. My goal is to help individuals to differentiate between their own personal goals and those placed upon them by societal pressures, both on a micro and macro level. People with eating disorders often fear that if they let go of their rigid ideas about food, that they will fail to live up to unrealistic ideas about what they should look like and what values they should strive toward. I use a psychodynamic approach focusing on gaining awareness of internal, unconscious processes, and how these ideas can make us vulnerable toward relying on food-based coping strategies that take us away from the enjoyment and pleasure of a positive relationship with our bodies.

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