

## **Amy Johansen**

### Description:

Specialising in supporting people with Eating Disorders and working within a wholist framework that explores body, mind and spirit. Utilizing a strong values and mindfulness based approach (Acceptance & Commitment Therapy) and drawing on a range of other approaches such as Cognitive Behavioural Therapy and Narrative Therapy in order to respond to individual needs and experiences.

"There came a time when the pain of remaining in the bud became more than the pain of blossoming."

Anais Nin

Country: Australia

City: Adelaide

Zip: 5007