

Rachel Robbins, Psy.D.

Description:

I am a licensed clinical psychologist providing psychotherapy for adults, young adults, and couples. I use a collaborative approach, helping people to actively participate in their therapy experience. I focus on trauma recovery, eating disorders, body image, hidden disabilities, impulse control, depression, anxiety, creating boundaries, self esteem, substance abuse, and behavior change. Additionally, I am a long time sex educator and sex therapist and specialize in providing non-judgmental supportive services for a range of sexualities including LGBTQQ, BDSM, Kink, non-monogamy, gender fluidity, and sex workers. I help with working through issues with sexuality, and supporting kinky/LGBTQQ individuals with non-sexual concerns. I offer a sliding scale, and accept some insurance. I can work with you to provide information to insurance companies as needed. Please feel free to contact me for more information or to schedule an appointment.

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