

Tamson Overholtzer, MFT

Description:

Tamson provides individual psychotherapy to adolescents, women and men, specializing in the treatment of eating disorders. She integrates her experience from her work at Pacifica Recovery Services with women in the intensive outpatient program. Eating disorder recovery-centered therapy often includes focus on comorbid conditions, such as depression, anxiety, PTSD and attachment issues.

Tamson's therapeutic orientation is highly client-centered and focused on the strengths of the individual. Working collaboratively with her clients and in regular consultation with other professionals, Tamson creates a comprehensive and individualized treatment plan designed to support each client in improving their relationships as well as emotional, mental, and physical health.

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