

**Amanda M. Nichols, MSW, LCSW at East End
Psychological Associates**

Description:

I offer compassionate, encouraging support with a straightforward approach that can be especially beneficial to those accustomed to the secretiveness that often accompanies eating disorders. This approach can also be effective in treating other mental health issues that are frequently related to eating disorders (including depressive, bipolar, anxiety, attachment & personality disorders). My practice ranges from working with children, adolescents, and adults, as well as families & couples. My work is generally geared from a developmental and systems perspective, while incorporating cognitive-behavioral approaches, keeping in mind that each client requires their own, personalized roadmap to recovery.

I have worked closely with McCallum Place, an eating disorder treatment center in St. Louis, Missouri, providing individual, group, and family therapy to clients while in residential care.

Coming Soon - Support groups for clients & parents/caregivers. Details to come.

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