

**Amy J. Hammett, MA, LPC**

**Description:**

My experience includes working with children, adolescents, adults, and families on issues such as anxiety, depression, behavior issues, attachment, sexual abuse, and trauma. With this span of experience, I have found my passion is working with women who struggle with eating disorders, body image issues, and self-harm.

As a therapist, I work to provide a safe place for my clients to explore their stories, learn about themselves, and progress towards their goals. When therapy concludes, my hope is that my clients have reached a place of greater insight, a desire for self-care, better understanding of his/her relationships, and a stronger sense of purpose. In order to do this, I find that being an eclectic therapist works best. This means I utilize several approaches including psychodynamic, relational, and existential psychotherapies in collaboration with cognitive-behavioral therapy (CBT) and dialectical behavior therapy (DBT).

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