

Rachael Stern Psychotherapy

Description:

Choosing to seek help is a brave but difficult choice. I understand that clients are often scared or tenuous in their decision but I also understand that it is often the best decision people ever make for themselves. I view the therapy relationship as equal. I am here to help you find your footing and your way back to your SELF. Through a variety of techniques, we will work to find your best and most true you.

Ms Stern's specialties are Eating Disorders, LGBTQ issues, self injury and trauma. She has worked in both the Eating Disorder and LGBTQ fields in many roles and understands the multifaceted issues that people face. Further, Rachael has recovered from her own eating disorder and knows full recovery is absolutely possible.

Rachael's practice is highly integrated with local resources and she is experienced in working with a team approach. Rachael also understands that not every person is in the same financial situation and is committed to helping those in need, find what

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