

MA, JD, LPC

Description:

When I was five years old, I started using food to help me deal with the anxiety I was feeling. I didn't know how to talk about it, or what to do with it. Food made me feel better. To me, the journey of recovery from an eating disorder is rather like Bilbo Baggins leaving the shire on a quest--it's unknown, scary, and the outcome uncertain. But on the journey, there are seen and unseen forces helping one to reach inner riches and rewards that would not be possible by remaining in the shire. If one wants to take the journey, I use cognitive behavioral therapy, art, movement, meditation, mindfulness, dream interpretation, visual imagery, sweat lodge ceremonies, and spirituality.

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