

A Deeper Look Therapy

Description:

Using a collaborative and relational approach, I believe that clients can learn to trust their bodies and navigate through recovery. I use a health at every size approach and have a background in treating sexual abuse survivors. I work with teens and adults and utilize play therapy, interpersonal therapy, and DBT/CBT approaches. I am also a registered dietitian and see clients separately for nutrition sessions to educate them on how to feed themselves in recovery. I utilize concepts from intuitive eating in order to help clients make peace with food and listen to their bodies hunger and fullness signals. I use a non-diet approach and help clients make behavioral changes for health rather than just focusing on the aspect of weight. I look forward to speaking with you more about looking beyond the eating disorder and finding your authentic self.

Please call for a phone consult. I also provide a sliding scale for low income clients.

I see clients in both Seattle and Renton.

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