

**Abbie Chesney, MA, LPC**

**Description:**

Individual therapy for issues surrounding food including anorexia, bulimia, binge eating disorder, and compulsive overeating. With over eight years clinical experience and twenty years personal experience I work to help individuals learn about themselves through their journey with their eating disorder in an effort to eventually move past the relationship. As we work to move to the other side we work to create a stronger sense of self that is self-assured and confident, without the need for an eating disorder's protection.

I also enjoy working with sub-clinical eating disorders to help gain a better perspective on our own body image and purpose.

Nutritional referrals are used when needed, as well as equine therapy as we learn about the power of our selves in our ability to communicate boundaries and our needs to others.

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