

Amy McCullough, MS, NCC, LAPC

Description:

I have a passion for helping individuals and families of those dealing with an eating disorder. My priority is to provide a calming, comfortable place for you to be able to be yourself and discover truths about yourself and situation. My goal is to encourage you to find and make connections between beliefs about yourself, feelings, behaviors, and relationships. I use an approach that allows you to look at distorted/untrue thoughts and encourage you to replace those thoughts with truth that can lead to recovery. Through this process, you can learn your strengths, new ways of healthy thinking, and new ways of coping that work specifically for you that can lead you to a place of peace and healing.

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