

**Christine Carpenter, Psy.D.**

**Description:**

I am a licensed clinical psychologist with fourteen years of experience treating men, women and teens who are struggling with anorexia, bulimia, compulsive overeating, and body image concerns.

Without judgment, I work with you to a) gain an understanding of the factors that underlie the eating disorder symptoms, and b) to manage unhealthy or distressing behavior.

Along with a team which may include a physician, psychiatrist and/or dietician, I will help you gradually replace ineffective attempts to cope with emotional distress with healthier, esteem-promoting skills.

With an approach that honors the mind, body and spirit I will help you reconnect with and accept your true self.

With increased self-acceptance you can live your life more authentically lending a feeling of peace and groundedness to your experiences in work, play and relationships.

Feel free to contact me by phone or email with any questions or to schedule a time to meet in person.

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