

**Allison Thompson M.A., LMFT**

**Description:**

I'm a licensed Marriage & Family Therapist specializing in treating eating disorders. Prior to opening my practice I worked for and was trained by Carolyn Costin in California. Having recovered from an eating disorder myself, I understand how overwhelming therapy can be and how much courage it takes to seek help.

I am very passionate about helping those struggling and I work collaboratively with the client to develop a highly individualized treatment plan. I believe a large part of success in treatment comes from a strong client-therapist relationship and I work to build a trusting and compassionate environment that can help clients to build skills, increase self-awareness and support healing.

If you or someone you know is struggling, please reach out and ask for help. Recovery is possible and help is available!

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