

Alicia Ayvas, LCSW

Description:

If you are tired of feeling this way, know that there is hope! Sometimes life seems to get off track, but you can reclaim your life...regaining peace within your mind, body, and spirit. Therapy can be a place to begin this journey of healing and restoration. I am able to offer comprehensive and specialized services to address your needs one step at a time. I am committed to helping you start that journey today.

I am trained in DBT, a powerful intervention for the treatment of eating disorders, personality disorders, trauma, anxiety, and depression. My approach is primarily cognitive behavioral and psychodynamic, with an emphasis on DBT skills. I will work with you to achieve the sense of empowerment and peace you long for.

I am a therapist at The Center for Hope of Nova. I am currently running 3 groups at The Center and work closely with staff who are specialized in eating disorder. The center offers nutritional counseling, meal support, group therapy, art therapy, and yoga

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