

## **I have walked this walk**

### Description:

I was once here. I joined SomethingFishy in the late 90's and then almost lost my life to ED in 2001. I spent over a year in intensive treatment, first as an inpatient and then many months outpatient. I recovered almost decade ago and went back to school for six years to become a psychotherapist specializing in eating disorders. My most frustrating moments were therapists who did not understand or even know what an eating disorder was. You dont have to explain anything to me. If you are not in my area, I do skype appointments. Message to start talking and we can figure it out from there.

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