



### Our Perspective:

- Recovery is possible and within your reach.
- We are LGBTQ+ affirming and serve individuals of all genders.
- We are HAES-aligned.
- We utilize best practices and evidence-based treatments including Cognitive-Behavioral Therapy, DBT, Family Based Treatment/Maudsley, and ACT.
- We believe the best therapeutic approach is the one that works for you! We tailor our approach to suit the unique needs of each person in our care.

Providing expert care  
for eating disorder  
recovery.

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## Contact Us

Christine Knorr Psychotherapy Associates

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#### Serving

Rockland County, NY

Northern NJ

Hudson Valley, NY

Greater NYC area

Upstate NY

*Christine Knorr*  
Psychotherapy Associates

Specialized  
Eating Disorder  
Therapy



## Expert Care That Puts You First

Christine Knorr Psychotherapy Associates provides specialized therapy for people with eating disorders and related conditions. We specialize in adolescent mental health, women's issues, trauma, mood and anxiety disorders, Binge Eating Disorder, Bulimia, Anorexia, ARFID, Orthorexia, and related issues.

Our holistic, individualized approach recognizes all aspects of your mental, physical, and spiritual health. We offer a variety of therapeutic and adjunctive services that are customized to meet the needs of every individual we serve. We work closely with all of your providers to ensure wrap-around care that prioritizes your health and progress.

Our therapists are true experts in the treatment of eating disorders and have experience working in PHP/IOP, outpatient, and residential settings. We know what it takes to recover, and we have the tools to get you there.

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Our caring, knowledgeable therapists are true eating disorder experts.



## Our Services

Choose one or more services to customize a treatment plan that suits your needs.

### Individual Therapy

Your therapist will work with you to address **all aspects of your mental health**, including mood and anxiety disorders, difficulties with friends and family, trauma, and anything else that concerns you. We utilize DBT, CBT, and other effective therapeutic techniques to help you to gain the insight and skills needed for true, lasting recovery.

### Group Therapy

**Make connections and get support** from people who really get it. Our groups are gender inclusive and separated by age. Group cohorts are small, so you never feel lost in the shuffle. **You belong here!**

### Meal Support

We offer therapeutic meal support individually or in small groups. You may bring your own food, so that you can **meet your recovery goals while working within your personal needs, culture, and preferences**. Family meal coaching is available so that those closest to you can learn how to help you through any struggle.

### Family Support

We understand the importance of **supporting your family, so they can support you**. We offer family therapy, parent guidance, family meal coaching, Family Based Treatment / Maudsley and a parent support group.

### Recovery Coaching

We offer a variety of services to help you to **connect the skills you learn in therapy to your everyday life**. Get support with challenges as they happen in the moment: **at home, in the community, or by phone**. Learn new coping skills and connect with your body through **specialized yoga, meditation**, and more.