



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 Therapy/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.



Contact Us

Christine Knorr Psychotherapy Associates

(845) 505-1119

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Serving

Rockland County, NY

Northern NJ

Hudson Valley, NY

Greater NYC area

Upstate NY

Christine Knorr
Psychotherapy Associates

Your Customized
Discharge Plan
Starts Here.



A Safe and Sound Step-Down Plan.

As a treatment center professional, you want to make sure your patients are equipped with all the services they need when they leave your program.

Christine Knorr Psychotherapy Associates provides the continuity of care your patients need to hold on to their progress and continue working on their recovery once they've returned home.

We offer comprehensive, recovery-oriented eating disorder treatment in a welcoming, comfortable outpatient environment.

Our therapists are true experts in the treatment of eating disorders and have experience working in PHP/IOP, outpatient, and residential settings.

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

Build on the connections you formed in treatment and continue to 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, and a parent support group.

Call Today
(845) 505-1119