



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.



Contact Us

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Christine Knorr
Psychotherapy Associates

Eating Disorder
Recovery Coaching



Bridging Therapy With Real Life

We understand that the insight and skills you learn in therapy can sometimes be difficult to apply to real life. Recovery Coaching helps bridge that gap by providing you with live, in-the-moment support when you need it the most. Our Recovery Coach can eat meals with you, help you with grocery shopping, practice new coping skills with you, and even help you work through body image challenges while you shop for clothes.

Recovery Coaching is a great option for those who want extra support outside of sessions. If you already have a therapist who does not specialize in eating disorders, they may refer you to us for Recovery Coaching as an adjunct to therapy. With your permission, our Recovery Coach can keep in touch with your therapist, dietitian, or doctor to discuss your goals and progress.

With our Recovery Coach, you have a partner in recovery!

You Have A Partner In Recovery.



Recovery Coaching Services

Meal Support

Eat a meal or snack with our Recovery Coach. Work together on the goals that are important to you: **meet your meal plan goals**, eat more **challenging foods**, get **accountability**, increase your comfort with **social eating**, **reduce anxiety** around certain foods, and more.

Yoga & Meditation

Yoga is for **every body**! Whether you're an experienced yogi or just getting started, **mind/body work** can help you to **manage anxiety**, **improve sleep**, and **cope with emotions** in a healthy way. Come as you are and leave feeling connected: **mind, body, and soul**.

Exposure Therapy

Bring our Recovery Coach along as you get out and **try new challenges**. Get support while you **shop for food**, **eat in restaurants**, and even while you **try on clothes**. Learn to manage difficult situations with confidence!

An Adjunct To Therapy

We understand the importance of a clinically sound, comprehensive treatment plan. At Christine Knorr Psychotherapy Associates, we offer individual, group, and family therapy in addition to Recovery Coaching, to ensure the very best outcomes for those we serve.

Call Today
(845) 505-1119