

## Eating Disorder Therapists & Nutritionists

### Therapists

#### **CAS Counseling**

**Eliza Sholtz, LCSW**

<https://cascounseling.com/>

919.606.6766

**Lindsey Umstead, PhD**

<https://www.threebirdscounseling.com/lindsey-umstead>

**Meredith Stokke Delbridge**

[www.meredithstokkelpc.com](http://www.meredithstokkelpc.com)

919.623.9098

**Kim Benton, PhD,**

**Britt Schumann-Humbert**

[www.oakcitypsychology.com](http://www.oakcitypsychology.com)

919-234-7247 ext 103

#### **Therapeutic Partners**

Kate Wolfe LCSW

919-233-7360

**Tammy Holcomb, LCMHCS**

<https://stargazercounseling.com/>

919.909.7959

**Christa Martin, LCSW**

[www.christamartinlcswp LLC.com](http://www.christamartinlcswp LLC.com)

910.528.5591

**Alison Allen, MSW, LCSW**

[www.innerwisdomtherapypllc.com](http://www.innerwisdomtherapypllc.com)

919.446.3380

**Emily Shigley, PhD**

[www.emilyshigley.com](http://www.emilyshigley.com)

919.909.2288

**Erikka Drizara, MD**

[www.VeritasCollaborative.com](http://www.VeritasCollaborative.com)

### Nutritionists

#### **E.L.M. Wellness**

Erin Seymaur, RDN, LDN

Bryn Boyeu, RDN, LDN

Ellen Morrison, MS, RDN, LDN

919-656-3448

**Schumarn-Humbert, Britt, RD**

919-454-7366

#### **New Leaf Nutrition Counseling**

919-870-1001

**Lutz, Alexander & Associates Nutrition Therapy**

919-781-4500

#### **Stepping Stones Nutrition**

[www.stepping-stonesnutrition.com](http://www.stepping-stonesnutrition.com)

[info@stepping-stonesnutrition.com](mailto:info@stepping-stonesnutrition.com)

919-937-2031