

Eating Disorder Therapists & Nutritionists

Therapists

CAS Counseling

Eliza Sholtz, LCSW
1042 Washington St
Raleigh NC 27605
<https://casounseling.com/>
919.606.6766

Three Birds Counseling & Clinical Supervision

Lindsey Umstead, PhD
4904 Waters Edge
Suite 158
Raleigh NC
336.296.8822
<https://www.threebirdscounseling.com/lindsey-umstead>

Meredith Stokke Delbridge

www.meredithstokkelpc.com
8303 Six Forks Rd
Raleigh NC 27615
919.623.9098

Oak City Psychology

Kim Benton, PhD,
Britt Schumann-Humbert
www.oakcitypsychology.com
919-234-7247 ext 10

Therapeutic Partners

7406 Chapel Hill Rd
Suite F
919-233-7360

Stargazer Counseling PLLC

Tammy Holcomb, LCMHCS
315 S Salem St
Suite 222
Apex NC 27502
<https://stargazercounseling.com/>
919.909.7959

Christa Martin, LCSW

www.christamartinlcswp LLC.com
5007 Southpark Dr
Suite 200-E
Durham NC 27713
910.528.5591

Inner Wisdom Therapy, PLLC

Alison Allen, MSW, LCSW
112 Swift Ave
Durham NC 27705
www.innerwisdomtherapypllc.com
919.446.3380

Emily Shigley, PhD

www.emilyshigley.com
511 Keisler Dr
Suite 203
Cary NC 27518
919.909.2288

Erikka Drizara, MD

888.272.0742
www.VeritasCollaborative.com

Nutritionists

E.L.M. Wellness

Erin Seymaur, RDN, LDN
Bryn Boyeu, RDN, LDN
Ellen Morrison, MS, RDN, LDN
4904 Water Edge Dr
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919-656-3448

Oak City Psychology

Britt Schumarn-Humbert, RD
919.234.7247

Lutz, Alexander & Associates Nutrition Therapy

1042 Washington St
Raleigh, NC 27605
919-781-4500

Stepping Stones Nutrition

511 Keisler Dr
Suite 203
Cary NC 27518
www.stepping-stonesnutrition.com
919-937-2031

Ruby Oak Nutrition

219 S East St
Raleigh NC 27601
Sarah Booth
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919.213.8979