

# Eating Disorder Therapists & Nutritionists

## Therapists

### **CAS Counseling**

**Eliza Sholtz, LCSW**

1042 Washington St

Raleigh NC 27605

919.606.6766

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

### **Christa Martin, LCSW**

5007 Southpark Dr

Suite 200-E

Durham NC 27713

910.528.5591

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

### **Emily Shigley, PhD**

511 Keisler Dr

Suite 203

Cary NC 27518

919.909.2288

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

### **Inner Wisdom Therapy, PLLC**

**Alison Allen, MSW, LCSW**

112 Swift Ave

Durham NC 27705

919.446.3380

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

### **Meredith Stokke Delbridge**

8303 Six Forks Rd

Suite 201

Raleigh NC 27615

919.623.9098

[www.meredithstokkel PC.com](http://www.meredithstokkel PC.com)

### **Oak City Psychology**

**Kim Benton, PhD**

**Britt Schumann-Humbert**

Raleigh NC 27615

919.322.4620

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

### **Stargazer Counseling PLLC**

**Tammy Holcomb, LCMHCS**

315 S Salem St

Suite 222

Apex NC 27502

919.909.7959

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

### **Three Birds Counseling & Clinical Supervision**

**Lindsey Umstead, PhD**

4904 Waters Edge

Suite 158

Raleigh NC

336.296.8822

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

### **Therapeutic Partners**

7406 Chapel Hill Rd

Suite F

Raleigh, NC 27607

919.233.7360

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

## **Nutritionists**

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

**Erin Seymaur, RDN, LDN**

**Bryn Boyeu, RDN, LDN**

**Ellen Morrison, MS, RDN, LDN**

4904 Water Edge Dr

Raleigh NC 27606

919.656.3448

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

### **Stepping Stones Nutrition**

511 Keisler Dr

Suite 203

Cary NC 27518

919.937.2031

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

### **Lutz, Alexander & Associates Nutrition Therapy**

Locations: Raleigh, Cary, Chapel Hill and Durham

919.781.4500

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

### **Oak City Psychology**

**Britt Schumarn-Humbert, RD**

Raleigh NC 27615

919.322.4620

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

### **Peachy Nutrition**

**Kasey Strouse, RN, LDN, CEDS**

Locations: Charlotte, Durham and Raleigh

704.266.0864

[www.peachy-nutrition.com](http://www.peachy-nutrition.com)

### **Ruby Oak Nutrition**

**Sarah Booth**

222 N Person Street

Suite 201

Raleigh NC 27601

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

919.213.8979