



Thank you for your interest in working with me. I appreciate everyone that reaches out for help, which is the first step to lasting change. The work that I do is specialized for women who are prenatal or postpartum and recovering from an eating disorder or body shame.

Why am I qualified to help you? Sure, I'm a fully licensed psychotherapist and a certified Yoga instructor. I've been practicing Yoga for 15 years and psychotherapy for 10 years. These are important qualifications, of course, but not the most important.

I'm in recovery from bulimia, anorexia and binge eating, a mom and a stepmom. I suffered with body shame since I was just a little girl. I found recovery for many years until pregnancy and the birth of my daughter in 2014. I struggled with the incredible changes my body was going through both before and after birth. Then, once my daughter was born, I suffered from horrific postpartum anxiety and depression. The pain only caused me to turn to my old friend, bulimia, to cope. This was a terribly painful time in my life. But one that, today, I can say I'm eternally grateful for... because now I can help you.

Through it all, Yoga has been my saving grace. While traditional psychotherapy is very important and can help create change, it is not enough to heal the body shame we have lived with. For that, we must interact with the body and spirit as well. Yoga offers us guidance with physical and spiritual practices that, together with psychotherapy, can help us find the peace and happiness we deserve.

Today I get to enjoy my daughter, my family and my life without being imprisoned by body shame. And you can too. You deserve to live freely, to experience joy and happiness as a woman and as a mom.

Since I only work with ten to twelve clients a week, I have created an application to help determine if I can provide the help you need. My purpose is to be totally present and available during our sessions. Seeing twenty plus clients a week is draining, it takes away from my ability to support you in the way that you deserve.

Thank you for taking the time for the application. Email it to mindbodyspirit@sarahdionnelicsw.org, I will replay within 24 to 48 hours.

All good things,

Sarah