

2019 Eating Disorder Task Force of Indiana Members

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Specialty: Cara is a Certified Eating Disorder Specialist and trained in EMDR. She specializes in treating adolescents and adults with Eating Disorders and body image issues. At Center for Hope and Family Solutions, Cara teams up with a Registered Dietitian to offer Individual Outpatient, Groups, and Intensive Outpatient programs specific to the treatment of Eating Disorders.

Jonathan Richardson, Psy.D., HSPP

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