

Disordered Eating Consultation

Do you encounter clients with eating disorders in your work? Are you sometimes unsure of what to do next? If so, please contact one of these eating disorder specialists for a consultation! This effort is supported by Umpqua Health Alliance.

TERESE S. WATERHOUS PHD, CEDS-S, FAED

www.willamettenutritionsource.com
541-207-7205

Therese has been involved for 20 years in the eating disorders field, as an advocate, clinician, trainer and presenter. She has been able to work with experts in the eating disorder field from around the world and loves helping all types of people expand their knowledge of eating disorders.



NICOLE OLEKSAK LMFT

503-997-1633
nicoleoleksak@gmail.com

Nicole has been focusing her practice on eating disorder recovery with adolescents and adults over the past several years with experience establishing and working on interdisciplinary teams with RD's, psychiatrists, physicians and having received continuing education in the neurobiology of eating disorders, fat discrimination and social justice in navigating the medical system, HAES, medical complications of eating disorders, and using CBT within an eating disorder treatment context.



MELISSA GROSSMAN M.S., L.P.C

(503)788-7997
melissagn1@gmail.com

Melissa has been a licensed therapist working with eating disorders for 32 years. She has had private practices in Corvallis, Portland and San Francisco and acted as the clinical director of an Outpatient Eating Disorder and Substance Abuse program in San Francisco for 10 years. She works with adolescents, their families and adult clients and specializes in eating disorders, addiction, trauma and LGBTQIA+.



AMANDA BIRKHEAD NUTRITION COUNSELING, LLC

AmandaBirkheadNutrition.com
AmandaBirkheadNutrition@gmail.com
(503) 877-9871

Amanda is a Certified Eating Disorders Registered Dietitian and has been working with eating disorder clients since 2013. She has experience working with both adults and adolescents in residential and intensive outpatient levels of care and has been in private practice since 2018. She sees almost exclusively eating disorder clients and enjoys helping other professionals develop a better understanding of how to effectively and compassionately work with this population.



SYSTEM OF CARE
DOUGLAS