



Carolina Gaviria, LMHC, NCC, CEDS

Dear Parents and Caregivers,

I'm a bilingual/Spanish licensed mental health counselor, a national certified counselor, and a certified eating disorders specialist who is committed to helping and supporting children, teens, and adults find freedom and inner peace from their eating disorder, depression, anxiety, and trauma.

I understand the concern about a loved one's well-being when they are restricting, bingeing, and purging, and know how difficult it is for that person to just stop, especially when they are consumed by eating disorder thoughts and trapped in eating disorder behaviors. Eating disorders can become a very unhealthy coping mechanism to deal with inner pain.

As the co-founder of the Food & Mood Institute, I strongly believe in full recovery and the power of family and team work. I have over 18 years of experience as a mental health counselor and I currently practice in the Boca Raton and Ft. Lauderdale areas in South Florida where I have offices. I also offer services online via secure platform.

During the past 12 years I have specialized in the diagnosis and treatment of eating disorders, addictions and trauma. I also sit at the board of the International Association for Eating Disorders Professionals South Florida Chapter (iaedp South Florida), and presented this year at the iaedp symposium in California with Yaneth and Dr. Lisette.

I'm committed to support individuals and families affected by eating disorders, and serve as a catalyst for education, prevention, and access to quality care.

Sincerely,
Carolina

“Change the way you look at things and the things you look at change.”

Wayne Dyer