



THE ANTI DIET PLAN

with Dr. Alexis Conason

The Anti-Diet Plan's Referral List

Finding a treatment team of weight-inclusive health professionals can be an important aspect of your The Anti-Diet Plan journey. However, finding a Health At Every Size (HAES)-friendly clinician can be challenging so here is a list I have put together of HAES colleagues who can support you in your healing work around relationship with food in a one-on-one capacity. This can be helpful for those who have finished the course, or for those who want more direct support throughout the course experience.

Please note that many clinicians offer virtual sessions, but often can only practice virtually within their state of licensure. Clinicians listed in the “virtual” section of this referral list do not have state-specific licensure and can work throughout the United States and often internationally. Clinicians listed within their state section who also offer virtual sessions will be noted, but can only offer virtual sessions within their licensed state or other specific listed states. Please reach out to clinicians directly if you have questions about their virtual or in-person options.

Please be advised that this is not a comprehensive list. For more resources, head to the HAES Community Directory.

If you have an experience with any of these providers via their website or their services that does not align with the Health at Every Size mission, please reach out to us immediately at info@drconason.com so that we may remove them from this list.

VIRTUAL

DIETITIANS

- Alisa Rumsey, RD
- Crystal Karges, MS. RDN, IBCLC (in-person services also available in San Diego, CA)

- Diane Summers, RDN at Hope Nutrition Therapy (in-person services also available in Everett, WA)
- Dr. Golie Khayef (in-person services also available in Claremont, CA)
- Kelley Raetzsch, RD at My Embraced Life (in-person services also available in Milford, VA)
- Lutz, Alexander & Associates Nutrition Therapy (in-person services also available in various cities in NC, see NC listing for specific locations)
- Libre Connections (virtual on-demand dietitian services)
- Mary Radovich, RD (in-person services also available in Milwaukee, WI)
- Megan Cichy, RDN at Creating Peace with Food: (in-person services also available in Seattle, WA, Bellevue, WA, Bothell, WA, and Renton, WA)
- Rebecca Scritchfield, RD at Capitol Nutrition Group (in-person services also available in the DC-metro area)
- Robyn Nohling, RD at Real Life Women's Health (in-person services also available in Boston, MA)

THERAPISTS

- Annina Luzie Schmid (also available in person in Toronto, ON)
- Dr. Anita Johnston at Eating in the Light of the Moon Cafe
- Dr. Linda Shanti, LCP (also available in person in San Francisco, CA)

COACHES

- Sarah Thompson, Certified Body Trust Provider (also available in person in Portland, OR)
- Tiana Dodson, Fat Health Coach

CANADA

DIETITIANS

- Atara Fenig, RD: in-person services in Toronto, Ontario (also available virtually throughout Ontario)
- Josee Sovinsky, RD: in-person services in Toronto, Ontario (also available virtually throughout Ontario)
- Vincci Tsui, RD: in-person services in Calgary, Alberta (also available virtually throughout Alberta)

THERAPISTS

- Annina Luzie Schmid: in-person services in Toronto, Ontario (also available virtually internationally)

ALABAMA

DIETITIANS

- Jessica-Lauren Roberts, RD: in-person services in Auburn, AL

THERAPISTS

- Ashley Winfree at Thrive Counseling and Trauma Therapy: in-person services in Birmingham, AL

COACHES

- Heidi Shartrand at Of Faith & Fatness: in-person services in Hartselle, AL

ALASKA**DIETITIANS**

- Carly Pearl: in-person services in Eagle River, AK
- Janai Meyer, RDN, LD, IBCLC: in-person services in Ketchikan, AK

THERAPISTS none found at this time

ARIZONA**DIETITIANS**

- Elizabeth Berry: in-person services available in Phoenix, AZ
- Liz Brinkman RDN: in-person services available in Phoenix, AZ

THERAPISTS

- Jessica Dorland: in-person services available in Tucson, AZ

ARKANSAS

DIETITIANS none found at this time

THERAPISTS none found at this time

CALIFORNIA**DIETITIANS**

- Crystal Karges, MS, RDN, IBCLC: in-person services in San Diego, CA (also available virtually internationally)
- Dr. Golie Khayef: in-person services in Claremont, CA (also available virtually throughout CA)
- Lindsay Stenovec, RD: in-person services in San Diego, CA (also available virtually throughout CA)
- Nicole Cruz, RDN: in-person services in Agoura Hills, CA (also available virtually throughout CA)
- Stephanie Brooks, MS, RD, CEDRD at Bay Area Nutrition: in-person services in Campbell, CA and Sunnydale, CA (also available virtually throughout CA)

THERAPISTS

- Andrea Wachter, LMFT: in-person services in Soquel, CA (also available virtually throughout in CA)
- Carla Korn, LMFT: in-person services in Agoura Hills, CA (also available virtually throughout CA and NY)
- Deb Burgard, PhD: in-person services in the Bay Area, CA (also available virtually throughout CA and WA)
- Dr. Linda Shanti, LCP: in-person services in San Francisco, CA (also available virtually throughout CA)
- Patty Schroeder, PsyD: in-person services in San Diego, CA (also available virtually throughout CA)

COLORADO

DIETITIANS

- Hannah Turnbull, RDN: in-person services in Denver, CO
- Jamie Magdic, RDN: in-person services in Boulder, CO

THERAPISTS

- Miriam Maslanik, MA, LPC: in-person services in Lafayette, CO
- Rebecca Moravec: in-person services in Denver, CO

CONNECTICUT

DIETITIANS

- Beth Rosen, RD at Goodness Gracious Living: in-person services in Southbury, CT (also available virtually throughout CT)

THERAPISTS

- Dr. Jessica Aron: in-person services in Greenwich, CT (also available for in-person services in White Plains, NY and virtually throughout NY, CT, PA, and FL)

DELAWARE

DIETITIANS none found at this time

THERAPISTS none found at this time

DISTRICT OF COLUMBIA

DIETITIANS

- Rebecca Scritchfield, RD at Capitol Nutrition Group: in-person services in DC-metro area (also available virtually country-wide)

THERAPISTS

- Paula D. Atkinson: in-person services in DC-metro area

FLORIDA

DIETITIANS

- Christine Tellez, RDN: in-person services in Coral Gables, FL (also available virtually throughout FL)
- Tracy Brown, RD: in-person services in Naples, FL (also available virtually country-wide for Intuitive Eating Coaching and throughout FL for dietetics services)

THERAPISTS

- Stacey Rosenfeld, PhD: in-person services in Coral Gables, FL (also available virtually throughout FL, CA, and NY)

GEORGIA

DIETITIANS

- Bethany Wheeler: in-person services available in Sandy Springs, GA

THERAPISTS

- Virginia Wood, PsyD: in-person services available in Woodstock, GA

COACHES

- Brenda Stephens, Certified Body Trust Provider: in-person services in Atlanta, GA

HAWAII

DIETITIANS none found at this time

THERAPISTS

- Gina Ryan: in-person services in Haiku, HI

IDAHO

DIETITIANS

- Marya Bruning: in-person services in Boise, ID (also offers therapy services)

THERAPISTS

- Marya Bruning: in-person services in Boise, ID (also offers dietitian services)

ILLINOIS

DIETITIANS

- Maria Rago: in-person services in Naperville, IL, New Lenox, IL, and Geneva, IL

THERAPISTS

- Dina Zwiebel: in-person services in Chicago, IL
- Judith Matz: in-person services in Skokie, IL

COACHES

- Taylor Wolfram, RD at Whole Green Wellness: in-person services in Chicago, IL (also available virtually throughout IL)

INDIANA

DIETITIANS none found at this time

THERAPISTS none found at this time

IOWA

DIETITIANS

- Sue Clarahan: in-person services in Iowa City, IA

THERAPISTS none found at this time

KANSAS

DIETITIANS

- Cara Harbstreet at Street Smart Nutrition: in-person services in Kansas City, KA (also available virtually throughout KA and MO)

THERAPISTS none found at this time

KENTUCKY

DIETITIANS none found at this time

THERAPISTS none found at this time

LOUISIANA

DIETITIANS none found at this time

THERAPISTS none found at this time

MAINE

DIETITIANS none found at this time

THERAPISTS none found at this time

MARYLAND

DIETITIANS

- Deborah Kauffmann: in-person services in Cockeysville, MD
- Rebecca Bitzer: in-person services in Greenbelt, MD

THERAPISTS

- Bethany Womack: in-person services in Annapolis, MD
- Carolyn Karoll: in-person services in Towson, MD
- Rosie Behr: in-person services in Baltimore, MD

COACHES

- Chevese Turner: in-person services in Annapolis, MD

MASSACHUSETTS

DIETITIANS

- Marci Evans: in-person services in Cambridge, MA
- Robyn Nohling, RD at Real Life Women's Health: in-person services in Boston, MA (also available virtually country-wide)

THERAPISTS

- Kristin Hambridge: in-person services in Wellesley Hills, MA
- Lisa Du Breuil: in-person services in Salem, MA
- Sarah Larsen: in-person services in Framingham, MA United States 01701
- Ruth Garrott: in-person services in Cambridge, MA

MICHIGAN

DIETITIANS

- Kati Mora: in-person services in Mount Pleasant, MI
- Melissa Freer-Smith: in-person services in Cassopolis, MI

THERAPISTS

- Erin Hunt-Carter: in-person services in Ann Arbor, MI
- Rebecca Brumm, MA, LPC: in-person services in Midland, MI
- Virginia Martinez, MA, TLLP: in-person services in Bloomfield Hills, MI

MINNESOTA

DIETITIANS

- Nicole Eikenberry: in-person services in Saint Paul, MN

THERAPISTS

- Kathy Kater: in-person services in North St. Paul, MN
- Susie Dill, LMFT: in-person services in Minnetonka, MI

MISSISSIPPI

DIETITIANS

- Dana Schaub, MS, RD, LD: in-person services in Gautier, MI

THERAPISTS none found at this time

MISSOURI

DIETITIANS

- Cara Harbstreet at Street Smart Nutrition: available virtually throughout MO (also available virtually throughout KA and for in-person services in Kansas City, KA)

THERAPISTS

- Abby Howard: in-person services in Saint Louis, MO
- Catherine Hill: in-person services in Kansas City, MO

MONTANA

DIETITIANS

- Deb Lang: in-person services in Bozeman, MT (also offers therapy services)

THERAPISTS

- Deb Lang: in-person services in Bozeman, MT (also offers dietitian services)

NEBRASKA

DIETITIANS none found at this time

THERAPISTS none found at this time

NEVADA

DIETITIANS none found at this time

THERAPISTS none found at this time

NEW HAMPSHIRE

DIETITIANS none found at this time

THERAPISTS none found at this time

NEW JERSEY

DIETITIANS

- Samantha Wakefield: in-person services in Flemington, NJ

THERAPISTS none found at this time

NEW MEXICO

DIETITIANS none found at this time

THERAPISTS none found at this time

NEW YORK

DIETITIANS

- Erica Leon, RD: in-person services in White Plains, NY (also available virtually throughout NY)
- Valery Kallen of BodyWise Nutrition Therapy: in-person services in New York, NY
- Jenna Hollenstein of Eat2Love: in-person services in New York, NY

THERAPISTS

- Jessica Kilbride, LCSW: in-person services in White Plains, NY (also available virtually throughout NY)
- Dr. Jessica Aron: in-person services in White Plains, NY (also available in-person in Greenwich, CT and virtually throughout NY, CT, PA, and FL)
- Alexis Conason, Psy.D.: in-person services in New York, NY

NORTH CAROLINA

DIETITIANS

- Debra Benfield, M.Ed., R.D., LDN at Body in Mind Nutrition: in-person services in Winston-Salem, NC (also available virtually throughout NC)
- Julie Duffy Dillon, RD: in-person services in Greensboro, NC (also available virtually throughout NC)
- Kelly Scott, RD at Happy Food RD: in-person services in Charlotte, NC (in-person services also available in Rock Hill, SC and Fort Mill, SC, and virtually throughout NC)
- Lutz, Alexander & Associates Nutrition Therapy: in-person services in Raleigh, NC, Chapel Hill, NC, Fuquay-Varina, NC, and Durham, NC (also available virtually throughout NC)

THERAPISTS

- Three Birds Counseling: in-person services in Greensboro, NC (also available virtually throughout NC)

NORTH DAKOTA

DIETITIANS none found at this time

THERAPISTS none found at this time

OHIO

DIETITIANS

- Kristen Murray: in-person services in Cleveland, OH

THERAPISTS

- Brandice Schnabel: in-person services in North Canton, OH

OKLAHOMA

DIETITIANS

- Sydney Cavero-Egúsquiza: in-person services in Tulsa, OK

THERAPISTS none found at this time

OREGON

DIETITIANS

- Tessa Komine at Ruby Slippers Wellness: in-person services in Portland, OR (also available virtually throughout OR and WA)

THERAPISTS

- Celeste Hettman: in-person services in Medford, OR
- Christine Yoshida: in-person services in Portland, OR
- Laura Kille: in-person services in Portland, OR

COACHES

- Sarah Thompson, Certified Body Trust Provider: in-person services in Portland, OR (also available virtually country-wide)

PENNSYLVANIA

DIETITIANS

- Haley Goodrich: in-person services in Monroeville, PA
- Heather Rudalavage: in-person services in Fort Washington, PA
- Marissa Campanella: in-person services in Scranton, PA

THERAPISTS

- Jenny Weinar: in-person services in Philadelphia, PA

RHODE ISLAND

DIETITIANS

- Shape Center: in-person services in RI (also offers therapy services)

THERAPISTS

- Shape Center: in-person services in RI (also offers dietetic services)

SOUTH CAROLINA

DIETITIANS

- Kelly Scott, RD at Happy Food RD: in-person services in Rock Hill, SC and Fort Mill, SC (in-person services also available Charlotte, NC and virtually throughout NC)
- Rachael Hartley, RD: in-person services in Columbia, SC (also available virtually throughout SC)

THERAPISTS none found at this time

SOUTH DAKOTA

DIETITIANS none found at this time

THERAPISTS none found at this time

TENNESSEE

DIETITIANS

- Emily Murray: in-person services in Nashville, TN

THERAPISTS

- Townley White: in-person services in Nashville, TN

TEXAS

DIETITIANS

- Lauren Newman, RD: in-person services in Austin, TX

THERAPISTS

- Stefani Reinold: in-person services in San Antonio, TX 78258

UTAH

DIETITIANS none found at this time

THERAPISTS none found at this time

VERMONT

DIETITIANS none found at this time

THERAPISTS none found at this time

VIRGINIA

DIETITIANS

- Elisabeth Peterson, RD: in-person services in Richmond, VA (also available virtually throughout VA)
- Kelley Raetzsch, RD at My Embraced Life: in-person services in Milford, VA (also available virtually country-wide)

THERAPISTS

- Rosemary Moulton: in-person services in Arlington, VA

WASHINTGON

DIETITIANS

- Adina Pearson, RD: in-person services in College Place, WA (also available virtually throughout WA)
- Bravespace Nutrition: in-person services in Seattle, WA (also available virtually throughout WA)
- Diane Summers, RDN at Hope Nutrition Therapy: in-person services in Everett, WA (also available virtually in various states and internationally)
- Megan Cichy, RDN at Creating Peace with Food: in-person services in Seattle, WA, Bellevue, WA, Bothell, WA, and Renton, WA (also available virtually nationwide and internationally)
- Tessa Komine at Ruby Slippers Wellness: virtual services available throughout WA (also available virtually throughout OR and for in-person services in Portland, OR)

THERAPISTS

- KD Curtis: in-person services in Renton, WA

WEST VIRGINIA

DIETITIANS none found at this time

THERAPISTS none found at this time

WISCONSIN

DIETITIANS

- Mary Radovich, RD: in-person services in Milwaukee, WI (also available virtually country-wide)

THERAPISTS

- Lindsey Arens, LPC at Elle Studio + Wellness: in-person services in Milwaukee, WI (also available virtually throughout WI)

WYOMING

DIETITIANS

- Jamie Marchetti: in-person services in Gillette WY

THERAPISTS none found at this time