



*Tanie Miller Kabala, Ph.D, Licensed Clinical Psychologist*

**About Tanie**

Within a warm, supportive, and confidential setting, I provide psychotherapy to adolescents, adults, and groups; and complete evaluations for individuals seeking weight loss surgery. Additionally, I offer presentations to weight loss surgery support groups, parenting groups, churches, and schools.

Utilizing concepts of mindfulness, empowerment, and self-care, I help individuals overcome weight loss surgery concerns, eating disorders, weight and body image concerns, anxiety, depression, relationship issues, low self-esteem, and sexual trauma. I believe in combining insight and action, helping clients identify how their problems developed (to prevent repetition), and assisting them in identifying specific strategies for overcoming them.

I have an undergraduate degree in psychology, masters degrees in psychology and higher education administration, and a Ph.D. in clinical psychology. I received psychology training at Georgetown University, George Washington University, George Mason University, and the University of Delaware, and have practiced psychology in several settings, including college and university counseling centers, community mental health centers, and private practice.

My recently-published book, *The Weight Loss Surgery Coping Companion*, provides readers with specific strategies for overcoming the challenging emotions that often accompany this surgery. I also publish a monthly blog that focuses on self-care, empowerment, and healthy connections.

For more information about my practice, book, or blog, please feel free to visit my website at [www.drTanieKabala.com](http://www.drTanieKabala.com) or call me directly at 610-431-1762.