



LakesidePsychology

Believe | Grow | Live

Leah Henzen

Adolescent and Adult Psychologist



Leah has experience in both public and private psychology settings. She has specialised in treating people with eating disorders and body image disturbance for the past six years and has developed a strong passion for this work. Leah provides the most up to date evidence-based treatment for children, adolescents and adults experiencing these problems but also provides treatment to adolescents and adults for a range of other clinical disorders. Leah loves spending time with her family and friends, and seeing the world through the eyes of her two young sons.

Who Leah can help:

Leah enjoys working with children, adolescents and adults with eating and body image difficulties, and adolescents and adults for a range of other difficulties.

What Leah can help with:

- Body image disturbance
- Anorexia Nervosa
- Bulimia Nervosa
- Binge-Eating
- Weight management
- Low self-esteem
- Anxiety and panic
- Depression
- Stress management
- Sleep difficulties

What treatments Leah provides:

- Maudsley Family-Based Therapy for Eating Disorders
- Enhanced Cognitive-Behaviour Therapy (CBT-E) for Eating Disorders
- Cognitive-Behaviour Therapy (CBT)
- Acceptance and Commitment Therapy (ACT)

Leah's availability:

Wednesday 3:30pm – 8:30pm

☎ (03) 5941 3575 ✉ leah@lakesidepsychology.com.au

Lakeside Psychology: 4/38 Lakeside Boulevard, Pakenham VIC 3810.