



About Heather Kitchen, LCSW



Using a friendly and directive approach, Heather Kitchen, LCSW, specializes in cognitive behavior therapy for eating disorders, anxiety disorders, depression and other issues.

She helps individuals correct negative thinking that leads to mental health problems and works closely with a wide variety of practitioners to offer comprehensive care. A popular speaker, she frequently presents workshops to the public and healthcare professionals on topics related to disordered eating, body image issues, stress management, relationship issues and more.

For the past seven years, she has worked in a variety of healthcare and psychiatric settings helping clients make significant lifestyle changes in coping with health and mental health issues. Heather earned her Master in Social Work (MSW) degree from University of North Carolina School of Social Work in 2002 with a concentration in health and mental health practice. She also is a licensed clinical social worker in North Carolina.

Heather serves as resource liaison for the National Association of Anorexia Nervosa and Associated Disorders. She is the Greensboro Coordinator for the National Eating Disorders Association and is a member of the Academy for Eating Disorders.

If you would like to speak with Heather, call 336-686-1689.