

Sally Rose Sauter
103 Maple Ave. Suite 103
Red Bank, NJ

Greetings:

I would like to introduce myself as a practicing psychotherapist located in Red Bank, NJ. I would like to share my credentials with you so that when you are providing services to a patient with social/emotional, eating disorder, or mental health issues, you might consider my services as an adjunct or as a referral for your patient to consider. I am a Licensed Professional Counselor and Nationally Certified Counselor.

I earned my B.A. in Psychology from The College of New Jersey, where I was involved in extensive interdisciplinary research on the biological basis of alcohol abuse. I continued on to earn my graduate degree in Professional Counseling from Monmouth University with highest honors.

I completed my clinical hours at The College of New Jersey's Counseling and Psychological Services (CAPS) as an individual and group psychotherapist trainee. My first job in the field was as a Community Health Educator for CentraState Medical Center in Freehold. In that capacity, I collaborated with local schools to present a variety of interactive and compelling psychoeducational workshops tailored to community concerns. I was a frequent lecturer on the topics of mental health awareness, substance abuse, and eating disorders.

My counseling style is open, dynamic, and compassionate. I am able to quickly develop trusting therapeutic relationships with my clients. Our sessions are friendly, fun, and highly interactive and not restricted to a 50 minute hour when it is necessary to do more. MY therapeutic approach is informed by my advanced postgraduate training in Acceptance and Commitment Therapy. I stay up-to-date on the latest research in the field of eating disorder treatment and psychotherapy. I attend conferences regularly, and am an active member of the Association for Contextual Behavioral Science.

Although I specialize in treating eating disorders, anxiety disorders, depression, obsessive-compulsive disorder, and issues of identity. I believe that Therapy is for anyone and everyone. Therapy is a powerful force, whether one is suffering in the midst of a major depressive episode, or when you simply don't feel..."right." "Like myself." "Like anything." Everyone needs an ally who is entirely nonjudgmental and is completely willing to provide help and support. I am my client's ally.

I have experienced great fulfillment in the many successes that I have with my clients in helping them move toward more satisfying lives. Please reference my reviews from current and past clients in Health Grades:

<https://www.healthgrades.com/providers/sally-sauter-xyn32rb>

If you would like to meet with me personally, I can be reached at 908-415-7332

Sincerely,

A handwritten signature in blue ink that reads "Sally Sauter MS LPC". The signature is fluid and cursive, with the initials "MS LPC" written in a slightly different style at the end.