

Bethany Colaprete

Ed. S., LMHC

Areas of interest & experience:

Work-life Balance, Compassion, Mental & Physical Health, Eating Psychology, and Outdoor Education

I am a certified Eating Psychology Coach who focuses on holistic health through personal growth exercises. By this, I mean it is my philosophy that health is different for everyone. Each of us has a distinct relationship with food, body, mind, and spirit. Even though this journey is yours and yours alone, it is my ultimate goal to offer guidance to help you be the **BEST you**. In other words, I listen with compassion and non-judgment and assist you with making decisions in life that work for you. I will work to educate and build skills in areas of your choosing. With that said, my idea of making “progress”, or making “improvements”, is to help you work through your life’s challenges and enable you to achieve your highest potential, regardless of the outcome.

I am also a Licensed Mental Health Counselor and a member of the National Board of Certified Counselors. I earned my Master’s Degree (M. Ed.) in Human Services with an Emphasis in School Counseling, a Specialist (Ed. S.) degree in School Psychology. My philosophy of counseling is that we each have a unique life journey that may include trauma, loss and grief, major life changes, and mental health issues such as depression and anxiety. These challenges can be difficult to manage and cope with in our daily lives. We may isolate, abuse substances, experience low energy or chronic fatigue, moodiness, or lash out in anger. We may try to mask our emotions by putting on a “happy face”, overeat/under eat, over schedule, or over compensate in other ways. My purpose as a counselor and coach is to be with you in your journey and to help you open the door to greater possibilities in your life. I can offer skills building, effective ways to navigate work-life balance, helpful studying techniques, mental health counseling, and experiential learning.

If counseling isn’t what you’re looking for and would prefer coaching, we can focus more on your relationship with food, body image, fatigue, binge-eating or restricted eating, digestive issues, physical ailments or illness, and any other related issues. I am available Monday—Friday, 8am - 5pm. If you would have questions regarding the counseling or coaching process or would like to schedule a session, please email me at [bethany.colaprete@wsu.edu](mailto:bethany.colaprete@wsu.edu).