



**DETERMINED**  
*to Soar*

## **Sabrina Richardson**

Sabrina Richardson is a Licensed Marriage and Family Therapist with Intrinsic Therapy LLC, a private practice she owns and operates. Sabrina graduated from the University of South Carolina Upstate earning a Bachelor's of Arts in Psychology and a Master's degree in Marriage and Family Therapy from Converse College. In addition, Sabrina completed the COAMFTE Accredited Post Degree Program with Emerge Family Therapy Center & Teaching Clinic. After passing the American Association for Marriage and Family Therapy State Licensure Exam, Sabrina dedicated time and energy serving families, couples, and individuals struggling with weight issues. Sabrina has a specific focus in the maladaptive cycles of compulsive overeating. As a therapist, Sabrina's approach centers on thoughts and emotions that determine our behaviors and impact the choices we make. Sabrina is the Director of Living Beyond the Tool, a conference for individuals who have had or are considering weight loss surgery. She is a Clinical Member of the American Association of Marriage and Family Therapists (AAMFT) and Obesity Action Coalition (OA). Sabrina is certified as a Trauma-Focused Cognitive Behavioral Therapist with Project Best and pursuing certification as an Eating Disorders Specialist.