Dr. Adler is passionate about the intersection between behavioral health and technology to increase access to care. She is currently an attending Psychologist in the Eating Disorder and Weight Control Clinic and specializes in both research and clinical care for patients with disordered eating behaviors. Dr. Adler is the Author of The DBT Solution for Binge and Emotional Eating, which was originally written and tested for her doctoral dissertation. Dr. Adler currently teaches and supervises students and post-doctoral fellows in evidence based treatments.

CLINICAL TRIALS
• FDA Approved Medication to Reduce Binge Eating and/or Purging, Not Recruiting
Publications

PUBLICATIONS

- Early Adherence Targeted Therapy (EATT) for Postbariatric Maladaptive Eating Behaviors *Cognitive and Behavioral Practice*
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