



Ari Kupras, CSWA  
License #L11667  
She/Her

Individual & Couples Therapist



## Eating Disorder | Trauma | Identity

I believe that people are already equipped with their own insights and expertise within their life, therefore I prioritize collaboration in the change and therapeutic process. You can expect me to be patient, compassionate, curious, direct, and oftentimes humorous. I enjoy working with adults and couples! I value exploration and discovery in the couples/therapeutic process that dismantles systems, false-beliefs, and social constructs that may not always be serving us.

The majority of my clinical experience specializes in the treatments and interventions of those struggling with eating disorders. I am passionate for social justice issues that include trauma informed approaches and equitable and inclusive spaces that promote body inclusivity and safety for everyone.

My clinical supervisor is Bob Kleinjan, LCSW (OR 7484). At this time, I am accepting new clients at the NW location and telehealth services!

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