



STATERA

Integrated Health & Wellness Solutions

Taylor Greibe ~ Eating Disorder Recovery Coach

Taylor Greibe is an Eating Disorder Recovery Coach with experience working in all levels of treatment including; outpatient, partial hospitalization, inpatient, and residential. She believes in an individualized approach for all clients that no one eating disorder is the same and that no person is defined by the eating disorder. She believes in working with the whole person to understand their goals for recovery.

I have worked with clients in all different stages of their eating disorder and desire to recover. I also have experience working with anxiety, depression, and OCD related to eating disorders. My experience comes from independent mentorship as well as working within different treatment centers.

Outside of my career, I enjoy spending time with my growing family, traveling, as well as baking and cooking.

tgreibe@stateraintegrated.com

breathe... inhale hope. exhale healing.

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- Individual goal setting and assignments
- Feedback and coaching rooted in recovery and growth
- Individualized sessions to process through challenges
- Meal plan guidance and exposures

Statera Integrated Health and Wellness Solutions

3375 Lake Ridge Drive ~ Dubuque, IA 52003
stateraintegrated.com ~ 563-207-8932

At Statera we bring together traditional medicine, holistic healing, fitness, nutrition and yoga under one roof. Our multidisciplinary team of providers work together to address your healthcare needs mind, body and spirit.

