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Compulsive Shopping Disorder in Today's Economy Plagues America

Compulsive shopping, the uncontrollable urge to shop has continued to be an issue for women in the US and with the help of trained professionals true results can be achieved.

Angela Wurtzel specializes in the psychotherapeutic treatment and guidance for women of all ages working to overcome compulsive shopping, eating disorders, and self-injury. Her expertise lies in the emotional and personal development of each person she works with. She combines a high level of clinical skill with understanding and a safe, empathic environment. She helps individuals to identify underlying feelings and emotions, and to express them without needing to harm themselves. Angela's goal is to help her clients achieve a life free from destructive tendencies. Her insight-oriented therapy results in greater self confidence and self worth.

This month compulsive shopping has been a widely discussed topic in the news as the holiday season approaches. EmaxHealth reports on the severity of this disorder and delivers staggering statistics. A recent study published in the December 2008 issue of the *Journal of Consumer Research* noted that the number of compulsive shoppers may be 8.9 percent, which equals more than 25 million Americans. Angela, an expert on compulsive shopping is dedicated to helping women overcome this behavior. Compulsive shopping therapy with Angela R. Wurtzel explores the deeper deprivation that lies below all of the stuff and things a person may indulge in by shopping and spending. The process of compulsive shopping therapy includes both

an assessment and understanding of the behaviors that appear out of control and perhaps causing family discord, financial debt and emotional instability. By comprehending the gravity of the problem Angela works with people to incorporate more adaptive skills to lead more balanced and less self destructive lifestyles. Angela serves as an expert in compulsive shopping and can be referenced to obtain professional opinions and facilitate the treatment of women who are affected by this behavior.

If you would like more information or to schedule an interview with Angela Wurtzel please call: 805-884-9794 or email: angela@angelawurtzelmft.com