



Contact Information

Wendy Wright, LMFT, CEDS-S, CIEC
Wendy Wright Counseling and Consulting, LLC
720-298-8944
wendy@wendywrightcounseling.com
Wendywrightcounseling.com

Professional Services	Financial Therapeutic Services:: <i>approaching Finances through counseling, coaching, and consulting including::</i> Financial Foundations Support Wealth Transfer Communication Support Inherited Money Support
Practice Approach	We will approach <i>your</i> Financial life with an abundance of Curiosity and a scarcity of Judgment. We will blend psychology and numbers to explore your past/present/future relationship with money. This includes concrete money work, tracking, and planning with <i>your</i> numbers, and time to pause and reflect on your emotional experience.
Client Focus	Individuals and Couples
Typical Client Profile	Age: Any Gender: Any Income: Any Net Worth: Any
Licenses Certifications Designations	Licensed Marriage and Family Therapist in Colorado LMFT.0001209 Marriage and Family Therapy Supervisor Certified Eating Disorder Specialist and Supervisor Certified Intuitive Eating Counselor Completing Certification with Financial Recovery Institute in 2019
Education	Bachelor Degree in Business with a concentration on Marketing and Computer Information Systems Masters Degree in Marriage and Family Therapy
Fee Structure	Hourly
Years in Practice	20 years
Professional Association Affiliations	Financial Therapy Association IAEDP [International Association of Eating Disorder Professionals]
Do you work at a distance such as with Skype?	Yes, I often use Zoom format for sessions in state and out of state
Research Interests	The Similarities in relationships with Food and Money [see my presentation "The Intersection of Money and Milkshakes" at wendywrightcounseling.com/resources

Wendy Wright, LMFT, CEDS, CIEC, Financial Wellness Counselor, is a psychotherapist and consultant based in Denver, CO. She offers financial counseling and coaching, helping you name the blocks that get in the way of your best financial life. In her early career, she was a mortgage loan officer, a realtor, and a house flipper. She also received her Masters in Marriage and Family Therapy and became a counselor with a unique perspective on the emotions around money. She applies the same blend of curiosity and support around your money life as she does around your food story to implement change. She offers a webinar, [The Intersection of Money and Milkshakes](#), that talks more of this powerful connection. She also created [Yoga, Money, and Intention](#), a

workshop to support pausing and connecting to your internal money beliefs and blocks using yoga, breath and the symbolism of the chakras.

Wendy has 20 years experience in counseling those with eating disorders/disordered eating and those who love them. She is a Certified Eating Disorder Specialist [CEDs], CEDs Supervisor, and a Certified Intuitive Eating Counselor [CIEC]. She can help you decode the underlying meanings and functions of food, body and exercise thoughts.

Wendy has been featured on [EDMatters Podcast](#), in March 2019, and published in [The Elephant Journal](#), in November 2018.

When she is not helping others find freedom in their relationships with finances and food, she is likely on her yoga mat, the ski slope, or a hiking trail!

You can find her at wendywrightcounseling.com, for in-office and virtual sessions and groups.