

# YOUR LOCAL NUTRITION AMBASSADOR



**SHIRA BURSTEIN**

[www.shirabursteintherapy.com](http://www.shirabursteintherapy.com)

[bursteinshira@gmail.com](mailto:bursteinshira@gmail.com)

[@ShiraBTherapy](https://www.instagram.com/ShiraBTherapy)

Shira Burstein is a New York State Licensed Clinical Social Worker, with a masters in Advanced Clinical Therapy from Columbia University. In her private practice, Shira provides individual, family and couples sessions for various issues, some of which include: anxiety, depression, self-esteem issues, communication problems, life transitions, issues with interpersonal relationships, work stress and other stress related issues. Shira uses a generalist approach to therapy, combining and drawing upon various methods based on clients' needs. Shira is trained in psychodynamic therapy, strengths perspective, cognitive-behavioral therapy and motivational interviewing. Shira sees clients in Park Slope and in the Union Square area.

*All Just Salad referred customers will receive 50% off their initial consultation.*