

CRISIS LINE OF THE FOX VALLEY



Help is only a phone call away

24 HOURS A DAY • 7 DAYS A WEEK



To access Victim & Outreach Services,
please call the AID Crisis Line
of the Fox Valley:

(630) 966-9393

and ask for Victim Services.

For general inquiries about
Victim Services, please call

(630) 966-9393 and ask to speak
to the **Manager of Victim Services.**

For all other questions, please e-mail:
INFO@AIDCARES.ORG

Since 1961, Association for Individual Development (AID) has served individuals with developmental, intellectual, physical and/or mental health challenges, those who have suffered a trauma and those at risk. Vital, life-enriching services that promote the highest level of independence and community participation include: autism programs; permanent supportive housing; in-home support; developmental and vocational training; job placement and on-the-job coaching services; crisis intervention; victims services; mental health treatment; behavioral intervention; health and wellness; community education; and advocacy.

Serving over 6,400 children and adults, AID operates community day centers in Elgin, Aurora, Batavia and Yorkville; mental health outpatient clinics throughout the Fox Valley; supports over 500 individuals living in their own apartments; and more than 200 individuals in group homes scattered throughout the greater Fox Valley.

AID MISSION:

To empower people with physical, developmental, intellectual and mental health challenges to enjoy lives of dignity and purpose

AID VISION:

Recognized leader providing best quality outcomes for individuals served in areas of housing, employment, community integration, health promotion, recovery and crisis prevention

AID Victim & Outreach Services are provided free of charge. Funding is provided through partnerships with local municipalities, non-profit organizations and community partners.



**Association for
Individual Development**

COMMUNITY • ADVOCACY • RESOURCES • ENGAGEMENT • SUPPORT

VICTIM & OUTREACH SERVICES



WWW.AIDCARES.ORG

(630) 966-9393

VICTIM SERVICES

WHAT IS VICTIM SERVICES?

Association for Individual Development (AID) Victim Services provides emotional support, case management, referrals and other wrap around services to individuals who are victims of crime or trauma. Services are free of charge.

Services are not limited to victims of crime or trauma. Individuals experiencing quality of life concerns (i.e. mental health crisis, domestic disturbances, neighbor disputes, or displacement due to fire) may also receive services.

AID CAN HELP WITH:

- Surviving and understanding the impact of the crime or trauma
- Emotional Support
- Connecting with local support groups, counseling and other services
- Accessing local resources
- Knowing what to say to children, family and friends
- Learning your legal rights and options
- Funerals and court preparations
- Making a safety plan
- Accessing victim's compensation

WHERE ARE SERVICES PROVIDED?

Services are provided wherever they are needed; at the scene of the incident, at AID offices or another safe location.

HOW ARE VICTIMS REFERRED?

Individuals in need of Victim Services may be referred by law enforcement, local fire departments, hospital personnel, the judicial system, social service agencies and local businesses.

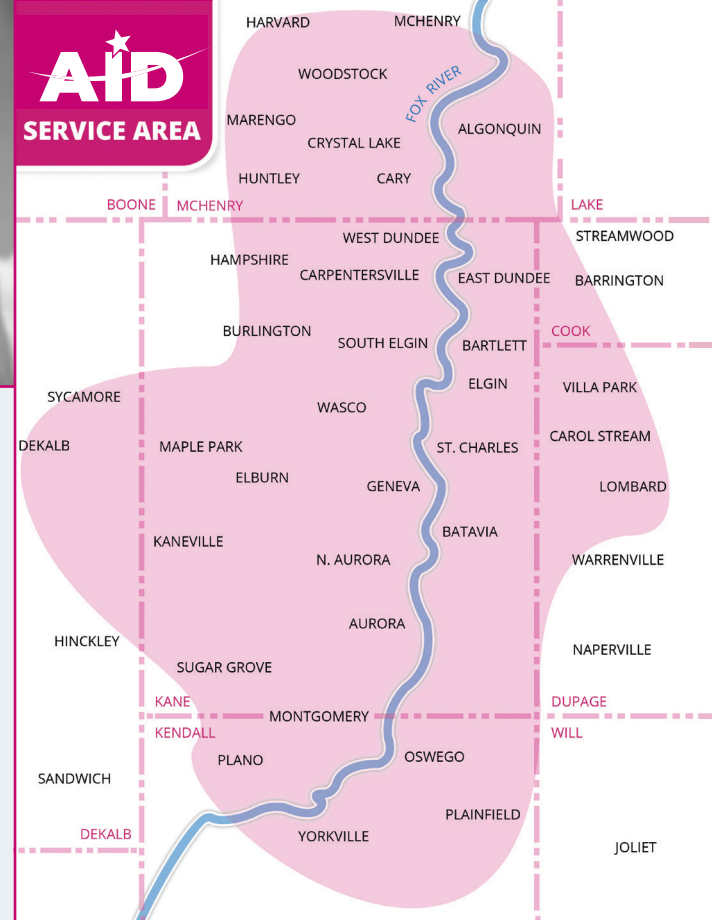


When a person experiences a traumatic event they may begin to experience emotional or physical reactions to the event.

- Sometimes, these “emotional aftershocks,” or reactions may appear immediately after the event or days, weeks, or months later.
- If you experience some of these reactions, try to remember that you are having a normal reaction to an abnormal event.
- Stress reactions to an event may last a few days, a few weeks, or a few months.
- If this happens it does not imply that someone is “crazy” or weak it simply means the traumatic event was too powerful for the person to manage on their own and professional support may be needed.
- Possible “emotional aftershock” symptoms include but are not limited to nausea, headaches, sleep disturbances, slowed thinking, anxiety, depression, emotional outbursts and withdrawal.

FOR A COMPLETE LIST OF SERVICES, PLEASE VISIT AID ONLINE:

WWW.AIDCARES.ORG



AID strives to positively impact the quality of life in the community by assisting victims, survivors, families, neighborhoods and businesses who have experienced a crime or trauma.

Victim Services Referral

Anyone who has been impacted can contact Victim Services to speak with a Case Manager and receive resources tailored to their needs. Follow the steps below to get connected:

1. Call the Crisis Line at 630-966-9393.

Follow the prompts and press **4** for Victim Services.

2. State your reason for calling.

Let the Crisis Line worker know that you or your loved one is a victim involved in the *Hanson Chiropractic case* and would like to work with a Victim Services Case Manager.

Both the Crisis Line and the Victim Services team operate 24/7.

3. Provide your information.

Share your (or your loved one's) full name and a reliable phone number.

If there are times you cannot receive calls or preferred times to be contacted, let the Crisis Line worker know.

4. Wait for follow-up.

The Crisis Line worker will notify the program manager, who will assign a Case Manager.

You will receive a call from a Victim Services staff member **within 24 hours** at the number you provided.



AID MISSION

To empower people with physical, developmental, intellectual and mental health challenges to enjoy lives of dignity and purpose

AID VISION

Recognized leader providing best quality outcomes for individuals served in areas of housing, employment, community integration, health promotion, recovery and crisis prevention



e-mail: info@AIDcares.org

AID is a registered 501(c)(3) non-profit serving individuals with physical, developmental, intellectual and mental health challenges in the Fox Valley area since 1961.



LIVING ROOM

WALK-IN CRISIS SUPPORT



**309 NEW INDIAN TRAIL CT.
AURORA, IL 60506**

(630) 966-4110

✉ LivingRoom@AIDcares.org

www.AIDcares.org

The purpose of the Living Room is to offer an alternative to hospitalization in instances where an individual's crisis can be stabilized without the use of medical services.

A guest may stay to practice coping skills, utilize services provided by a Recovery Support Specialist, enjoy a safe, comfortable space, and resolve their crisis.

The Living Room is comprised of one Mental Health Professional and one Recovery Support Specialist at all times.

Recovery Support Specialists are one of the first lines of contact at the Living Room for individuals experiencing a crisis. Guests can walk-in or be referred from multiple avenues including community agencies, hospitals, law enforcement, among others.

The Living Room is designed to prioritize the least restrictive level of care for each individual served. Living Room staff will build immediate rapport, provide emotional support and assist in de-escalation techniques through active listening, trauma informed care, and crisis intervention services.



INTAKE PROCESS:

To most effectively work with those needing mental health services, we value coordination with local community providers.

Here is how to connect with the AID Living Room:

1. Any member of the community who considers themselves to be in the midst of a mental health crisis are encouraged to call **(630) 966-4110** for current hours of operation prior to arrival.
2. Arrive at the Living Room and ring the door bell. A Recovery Support Specialist will greet the individual in need and a Mental Health Professional will complete a short risk assessment to determine the best course of action.
3. If the Living Room is determined to be an appropriate level of care, guests will be assisted with utilizing coping skills and provided with recovery support services.

The Living Room program is designed to support individuals in the community dealing with a mental health crisis in order to achieve stability through the use of coping skills, debriefing, resource guidance, and comfort.

SERVICES OFFERED:

Living Room staff will utilize motivational interviewing in triage to complete assessments to determine the severity of the individual crisis and to determine the appropriateness of the Living Room.

Living Room guests will have access to distress tolerance, calming, and grounding activities, which will include a variety of sensory items to assist individuals during their state of crisis.

Should an individual benefit from it, a quiet room will also be available for use. The Living Room is set up to create a safe, comfortable, home-like environment



THERAPEUTIC AND TRUAMA SUPPPORT RESOURCE LIST

ST.CHARLES

New and Bold Counseling

Location: 1003 W Main St, St Charles IL 60174

Clinician: Donna Newbold

Age Groups: Adults (18-64), Seniors (65+)

Specialties: Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)

Phone: 847-231-2444

Email: Donna@newandboldcounseling.com

Obsidian Behavioral Health

Location: 103 North 11th Avenue Suite 106 St. Charles, IL 6017

Clinician: Lindsey Kovalik Bianchini (owner), Maggie Lassar, Danielle Slyder, Erin

Lowry, Emily Krouse

Specialties: Eye Movement Desensitization and Reprocessing (EMDR), Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), Dialectical Behavior Therapy (DBT), Internal Family Systems (IFS)

Age Groups: Adolescents (13-17), Adults (18-64)

Phone: 630-296-4169

Email: info@obsidianbh.com

Growing Through Life Therapy

Location: 1121 E Main Street, Suite 405, St. Charles

Clinician: Anna McCaffrey

Specialties: Cognitive Processing Therapy (CPT)

Age Groups: Adolescents (13-17), Adults (18-64)

Phone: 630-344-9623

Email: Anna@growingthroughlifetherapy.com

Owens Counseling & Therapy

Location: 1118 E. Main St. Suite 2A, St. Charles, IL 60174

Clinician: Zach & Savannah

Specialties: Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), Dialectical Behavior Therapy (DBT), Cognitive Processing Therapy (CPT)

Age Groups: Children (0-12), Adolescents (13-17), Adults (18-64), Seniors (65+)

Phone: 847-854-4333

Email: Admin@owenscounseling.com

Lauren Lollini Counseling Services

Location: 210 S 5th Street #101 St Charles IL 60174

Clinician: Lauren Lollini

Specialties: Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), Dialectical Behavior Therapy (DBT), Internal Family Systems (IFS)

Age Groups: Adolescents (13-17), Adults (18-64), Seniors (65+)

Phone: 630-677-0506

Email: Lauren.lollini@gmail.com

Courageous Counseling Services

Location: 2325 Dean Street, Ste 800C & 800F; St. Charles

Clinician: Rita Rippentrop and Scott Yoo

Specialties: Somatic Experiencing (SE), Internal Family Systems (IFS),

Age Groups: Adolescents (13-17), Adults (18-64), Seniors (65+)

Phone: 630-914-9318

Email: Rita@courageouscounselingservices.com or

Scott@courageouscounselingservices.com

Soothing Connections Counseling

Location: 2325 Dean Street, Suite 309, St. Charles, IL 60175

Clinician: Sara Schramer, MA LCPC

Age Groups: Adults (18-64)

Phone: 331.222.7643

Email: connect@soothingconnections.com

Consider Yourself Counseling Services

Location: 2560 Foxfield Dr St Charles IL 60174

Clinician: 8 clinicians available

Specialties: Dialectical Behavior Therapy (DBT), Internal Family Systems (IFS),

Cognitive Processing Therapy (CPT)

Age Groups: Adolescents (13-17), Adults (18-64), Seniors (65+)

Phone: 630-222-7375 ext 0

Email: cgreenwell@consideryourselfcounseling.com

Consider Yourself Counseling

Location: 2560 Foxfield Rd Suite 320 St. Charles, IL 60174

Clinician: Jennifer Cataldo MA LCPC

Specialties: Dialectical Behavior Therapy (DBT), Internal Family Systems (IFS),

Cognitive Processing Therapy (CPT)

Age Groups: Adults (18-64), Seniors (65+)

Phone: 630-222-7375

Email: cgreenwell@consideryourselfcounseling.com

Consider Yourself Counseling

Location: 2560 Foxfield Rd Suite 320 St. Charles, IL 60174

Clinician: Jennifer Cataldo MA LCPC

Specialties: Dialectical Behavior Therapy (DBT), Internal Family Systems (IFS),
Cognitive Processing Therapy (CPT)

Age Groups: Adults (18-64), Seniors (65+)

Phone: 630-222-7375

Email: cgreenwell@consideryourselfcounseling.com

Embrace Counseling Center

Location: 473 Dunham Rd suite 215. St Charles IL

Clinician: Sharon Kim and Vanessa Hernandez

Specialties: Eye Movement Desensitization and Reprocessing (EMDR), Somatic
Experiencing (SE),

Age Groups: Children (0-12), Adolescents (13-17), Adults (18-64), Seniors (65+)

Phone: 630 246 2840

Email: Officemanagerecc@embracecounselingcenter.com

Hopeology PLLC

Location: 473 Dunham Road, Suite 100, St. Charles

Clinician: Rachael Majus

Specialties: Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), Dialectical
Behavior Therapy (DBT), Internal Family Systems (IFS), Other (please specify below)

Age Groups: Adolescents (13-17), Adults (18-64)

Phone: 6302832880

Email: Info@hopeologypsych.com

Hopeology PLLC DUNHAM RD ST CHARLES

Clinician: Jacob Camiliere

Specialties Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), Dialectical Behavior Therapy (DBT), Internal Family Systems (IFS)

Age Groups: Children (0-12), Adolescents (13-17), Adults (18-64), Seniors (65+)

Phone: 630-283-2880

Email: info@hopeologypsych.com

Hopeology PLLC

Location: 473 Dunham Road, Suite 100, St. Charles il 60174

Clinician: Tiffany Alexander

Specialties: Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)

Age Groups: Children (0-12), Adolescents (13-17)

Phone: 6302832880

Email: Info@hopeologypsych.com

St. Charles Advanced Therapy

Clinician: Melissa Williams, LCSW

Specialties: Eye Movement Desensitization and Reprocessing (EMDR), Internal Family Systems (IFS)

Age Groups: Adolescents (13-17), Adults (18-64)

Phone: 630-281-7297

Email: mhill@stcharlesadvancedtherapy.com

Nancy R. Krtek Counseling & Consultation

Clinicians Name: Nancy Robin Krtek

473 Dunham Rd. STE 216 , Saint Charles, IL 60174

Phone Number: 630-282-6959

Website: <https://mindbodypractitioner.com/>

Email: drnancy@mindbodypractitioner.com

Specialties (DBT, Trauma Focused, EMDR): CBT, DBT, ACT, Schema Therapy, Psycho-Education, EMDR.

In-person and telehealth.

Age Groups: Elders, Adults, Teens.

Insurance accepted: BCBS – NYS, BCBSIL, Blue Choice (Illinois), BlueCross and BlueShield, Empire Blue Cross Blue Shield, Independent Health, Medicare, Univera, Out-of-Network

Waitlist? No.

Practice Name: Robert Jackman, LLC

Clinicians Name: Robert Jackman

311 N Second St. STE 304 , Saint Charles, IL 60174

Phone Number: 630-721-5765

Website: robertjackmantherapy.com

Email Address: N/A

Specialties (DBT, Trauma Focused, EMDR): CBT, Family Psycho-education, MBCT, Spirituality, Addictions Recovery, Relational Therapy.

Do they offer Tele-health? In-person.

Age Groups: Adults, Teens.

Insurance accepted: Aetna, BlueCross and BlueShield, Magellan, Out-of-Network, Sliding-scale.

Waitlist? No.

FrontLine Wellness Center

Clinicians Name: Dawn Sage

2325 Dean St., Saint Charles, IL 60175

630-345-4185

Website: frontlinewellnesscenter.com Email Address: info@frontlinewellnesscenter.com

Specialties (DBT, Trauma Focused, EMDR): TF-CBT, CPT, MBSR, EMDR.

Do they offer Tele-health? In-person.

Age Groups: Adults, Elders.

Insurance accepted: Aetna, BlueCross and BlueShield, Cigna and Evernorth, United Healthcare.

Waitlist? No.

Point Counseling

Clinicians Name: Karissa Tobey

2035 Foxfield Rd. STE 202 Saint Charles, IL 60174

Phone Number: 630-869-5323 Website: www.prismpointcounseling.com Email

Address: ktobey@prismpointcounseling.com

Specialties (DBT, Trauma Focused, EMDR): ACT, Emotion-focused, IFS, Narrative, Person-centered, psychodynamic, strength-based.

Do they offer Tele-health? In-person and telehealth.

Age Groups: Teens, Adults.

Insurance accepted: Aetna, BlueCross and BlueShield, Optum, United Healthcare, Out-of-Network, Sliding-scale.

Waitlist? No.

Geode Health

Clinicians Name: Christina Keilson

2455 Dean St. STE 3H , Saint Charles, IL 60175

Phone Number: 331-234-3886

Website: www.geodehealth.com

Email Address: N/A

Specialties (DBT, Trauma Focused, EMDR): ACT, Applied Behavioral Analysis (ABA) therapy, Art therapy, Client-centered, CBT, CPT, DBT, Emotion-focused Family Therapy, Family Therapy, Group Therapy, Play Therapy, Reality Therapy, Relationship Counseling, Social Therapy, TF-CBT.

Do they offer Tele-health? In-person and telehealth.

Age Groups: Toddler, Children (6 to 10), Preteen, Teen, Adults, Elders.

Insurance accepted: Aetna, Behavioral Health Systems, BlueCross and BlueShield, Carelon Behavioral Health, Cigna and Evernorth, Clear Spring, ComPysch, Government Employees Health Association, Health Alliance, Health Partners of MN and WI, Humana, Magellan, Medicare, MultiPlan, MultiPlan Private Healthcare Systems, Optum, Oxford, Pathways, Quartz, The Alliance, United Medical Resources, United Healthcare, Zing.

Waitlist? No.

Bliss Practice

Clinicians Name: Mari Wittum

16 N Riverside Ave. ,Saint Charles, IL 60174

Phone Number: 630-796-4448 Website: www.blisspractice.com Email

Address: mari@blisspractice.com

Specialties (DBT, Trauma Focused, EMDR): Attachment-based, Coaching, CBT, Emotion-focused, Expressive Arts, Family Systems, Forensic Psychology, Gestalt, Integrative, Jungian, MBCT, Narrative, Psychoanalytic, Psychodynamic, SFBT, Somatic, Trauma-focused.

Do they offer Tele-health? In-person and Telehealth.

Age Groups: Children (6 to 10), Preteen, Teen, Adults, Elders.

Insurance accepted: Aetna, BlueCross and BlueShield, Cigna and Evernorth, ComPysch, United Healthcare

Waitlist? No.

St. Charles Counseling

Several Different Providers

311 N. 2nd St. Suite 203 St. Charles, IL 60174

630-377-5105 St. Charles Counseling ken@stcharlescounseling.net

Specialties- Anxiety, Depression, Grief, Major Life Stressors, Adolescent Therapy,
Trauma

In-person and Tele-health services Provided

Works with Adults and Adolescents

All PPO Insurance

No waitlist for most providers

Riverview Child & Family Therapy

Several Different Providers

111 E. Main St. St. Charles, IL 60174

630-587-3777 Contact Us – Riverview Counseling Services

Info@RiverviewCounselingServices.com

Specialties- individual Therapy, Children under 5, Children's Groups

In-person and Tele-health services Provided

Works with Adults and Children under 5

Unknown what insurance is accepted currently

Waitlist/NA

Centennial Counseling Center

Several Different Providers

311 N. 2nd St. St. Charles, IL 60174

630-377-6613 Contact

Specialties- Anxiety, Grief, Loss, PTSD, Substance Abuse

In-Person Services

Works with Adults and Children

Unknown what insurance is accepted currently

Waitlist/NA

TriCity Family Services

Several Different Providers

2570 Foxfield Rd. St. Charles, Il. 60174

630-232-1070 Counseling - TriCity Family Services Info@tricityfamilyservices.org

Specialties- Anxiety, Depression, Eating Disorders, Grief, Crisis

Offers Spanish Services

In-Person Services

Works with Adults and Children

Takes- Aetna, Cigna, HFN, BCBS(PPO), Humana, Magellan, Managed Health

Network, Psychcare, Private Healthcare Systems, Tricare, United Behavioral Health,

Value Options, Medicaid

Offers a sliding scale

Waitlist/NA

BATAVIA

Stronger Therapeutic Counseling Services

Clinician Name: Kelly Jacobson, 224-243-4928

Clinician Name: Alayna Orchard, 331-296-3024

Address: 201 Houston St STE 105 Batavia, IL 60510

Phone: (847) 707-1049

Website: www.yourstrongerself.me

Specialties: ACT, Attachment-based, CBT, CPT, DBT, EMDR, ERP, Family / Marital, IFS, MBCT, Motivational Interviewing, Person-Centered, Positive Psychology, Strength-based, Trauma Focused.

Accepting new clients. In-person and Telehealth.

Age Groups: Teen, Adults

Insurance accepted: Aetna, BlueCross and BlueShield, Cigna and Evernorth, United Healthcare, Out-of-Network.

Practice Name: Prairie Wellness Counseling Center

Clinicians Name: Jessica Atkins

Location: 12 W Wilson St. Batavia, IL 60510

Phone Number: 630-405-6322

Website: www.prairiewellness.org

Specialties: ACT, Alderian, CBT, DBT, Emotionally Focused, Family/Marital, Gestalt, Motivational Interviewing, Person-Centered, Rational Emotive Behavior (REBT), Reality Therapy, Solution Focused Brief Treatment (SFBT), Strength-Based.

In-person and Telehealth.

Age Groups: Children (6 to 10), Preteen, Teen, Adults, Elders.

Insurance accepted: Aetna, BlueCross and BlueShield, Cigna and Evernorth, United Healthcare.

Clinician Jan Anderson

Location: 12 W Wilson St, Batavia

Specialties:

Age Groups: Adults (18-64), Seniors (65+)

Phone: 630-715-5740

Email: info@prairiewellness.org

Marianne Tomlinson Therapy, LLC

Clinician: Marianne Tomlinson, M.S. Ed., L.C.P.C.

Location: 1605 W. Wilson St., Suite 111, Batavia, IL 60510

Specialties: Cognitive Processing Therapy (CPT)

Age Groups: Adults (18-64)

Phone: 630-337-6571

Email: mariannetomlinson@me.com

Practice Name: Creating Space Therapy

Clinicians Name: Lydia Gedmin

Address: 34 North Island Ave., Batavia, IL 60510

Phone Number: 630-394-8325

Website: www.creativespacetherapy.com

Specialties: ACT, Attachment-based, CBT, Compassion Focused, DBT, EMDR, Experiential Therapy, Internal Family Systems, Motivational Interviewing, Person-centered, Psychodynamic, Somatic, Strength-Based, Trauma-Focused.

Do they offer Tele-health? In-person and Telehealth.

Age Groups: Teen, Adults, Elders.

Insurance accepted: BlueCross and BlueShield, Out-of-Network Plans, Sliding Scale.

Waitlist? Accepting new clients.

Creating Space Therapy

Clinician: Joslyn Barajas

34 N Island Ave Ste F, Batavia, IL 60510

Phone: 630.601.3460

Specialties: Eye Movement Desensitization and Reprocessing (EMDR), Somatic Experiencing (SE), Internal Family Systems (IFS)

Age Groups: Adolescents (13-17), Adults (18-64)

Email: Joslyn@creatingspacetherapy.com

Creating Space Therapy

Clinician: Tracy Teichman

34 N Island Ave Ste F, Batavia, IL 60510

Phone: 630.601.3460

Specialties: Eye Movement Desensitization and Reprocessing (EMDR), Dialectical Behavior Therapy (DBT), Somatic Experiencing (SE)

Age Groups: Adults (18-64), Seniors (65+)

Email: Tracy@creatingspacetherapy.com

Creating Space Therapy

Clinician: Thelma Razo

34 N Island Ave Ste F, Batavia, IL 60510

Specialties: Eye Movement Desensitization and Reprocessing (EMDR), Somatic Experiencing (SE), Internal Family Systems (IFS)

Age Groups: Adults (18-64), Seniors (65+)

Phone: 630.601.3460

Address: 34 N Island Ave Ste F, Batavia, IL 60510

Email: Thelma@creatingspacetherapy.com

Creating Space Therapy

Clinician: Kelly Huggins

34 N Island Ave Ste F, Batavia, IL 60510

Phone: 630.601.3460

Specialties: Eye Movement Desensitization and Reprocessing (EMDR), Somatic Experiencing (SE), Internal Family Systems (IFS)

Age Groups: Adults (18-64), Seniors (65+)

Email: Kelly@creatingpacetherapy.com

Tranquil Feather Counseling

Clinician: Jennifer King, M.A., LCPC

515 N River Street, Suite 200 Batavia, IL

Specialties: Eye Movement Desensitization and Reprocessing (EMDR), Dialectical Behavior Therapy (DBT), Somatic Experiencing (SE), Internal Family Systems (IFS)

Age Groups: Adults (18-64), Seniors (65+)

Phone: 630-934-1095

Email: Jking@tranquilfeathercounseling.org

Jennifer DuBose, LMFT

Location: Batavia, IL

Clinician: Jennifer DuBose, LMFT

Age Groups: Adults (18-64), Seniors (65+)

Phone: 630.884.5462

Email: Jennifer@jenniferduboseLMFT.com

Suicide Prevention Services and Stone Manor Counseling

Clinician: Megghun Redmon, Stephanie Weber, Stephanie Dewinski, Sara Rosenberger, Jennifer Orta

Location: 528 S. Batavia Ave Batavia, IL. 60510

Specialties: Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), Cognitive

Processing Therapy (CPT)

Age Groups: Children (0-12), Adolescents (13-17), Adults (18-64), Seniors (65+)

Phone: 6304829699

Email: Megghun@spsamerica.org

Light the Way Counseling, PLLC

Address : 1381 Wind Energy Pass, Batavia, IL 60510

Hours : Open · Closes 8 PM

Phone : (630) 326-9951

Practice Name: Wellspring Counseling Center

Clinicians Name: Pamela Mallette

Address: 223 S Batavia Ave. STE 204 Batavia, IL 60510

Phone Number: 630-948-7511

Website: www.wellspringcounseling.net

Specialties: CBT, Internal Family Systems (IFS), Interpersonal, Psychodynamic,

Relational, Trauma Focused.

Accepting new clients in-person and Telehealth.

Age Groups: Preteen, Teen, Adults.

Insurance accepted: Aetna, BlueCross and BlueShield, Cigna and Evernorth, ComPysch,

Magellan, Multiplan, United Medical Resources, United Healthcare, Zelis Healthcare.

GENEVA

New Legends Counseling, Coaching, and Consulting, LLC

Clinicians' Name/s: Robin Shultz, Kevin Cox

115 Campbell Street. Suite 200A. Geneva, Illinois 60134

630-828-6303

Website: www.newlegendscounseling.com

Email Address: contact@newlegendscounseling.com

Do they offer Tele-health? Yes

Age Groups they work with: 18+

Insurance accepted: Yes

Waitlist? Less than 2 weeks

Clear Mountain Therapy

Clinicians: Name/s: Kristen Anderson, Jennifer Unger Kroc, Sarah Kendra

1250 Executive Place, Suite 404, Geneva, IL 60134

630-631-2180

Website: www.clearmountaintherapy.com

Email Address: Can email through the website

Specialties: Trauma, PTSD

Do they offer Tele-health? Yes

Age Groups they work with: 18+

Insurance accepted: Yes

Weber Therapy & Consulting

Clinicians: Name/s: Jackie Weber, LCSW

115 Campbell St. Geneva, IL 60134

Phone Number: 630-402-6767

Website: www.jwebertherapy.com

Email Address: jackie@jwebertherapy.com

Specialties (DBT, Trauma Focused, EMDR):

Age Groups they work with: Adolescents- Adulthood

Creating Space Therapy

Location: 2000 S. Batavia Ave, Ste 300, Geneva

Clinician: Emma Rooney

Specialties: Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), Dialectical

Behavior Therapy (DBT), Somatic Experiencing (SE)

Age Groups: Children (0-12), Adolescents (13-17)

Phone: 630.601.3460

Location: 2000 S. Batavia Ave., Ste 300, Geneva

Email: Emma@creatingspacetherapy.com

Creating Space Therapy 2000 S. Batavia Ave., Ste 300, Geneva

Clinician: Lydia Gedmin

Specialties: Eye Movement Desensitization and Reprocessing (EMDR), Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), Dialectical Behavior Therapy (DBT), Somatic Experiencing (SE), Internal Family Systems (IFS)

Age Groups: Adolescents (13-17), Adults (18-64)

Phone: 630.601.3460

Location: 2000 S. Batavia Ave., Ste 300, Geneva

Email: Lydia@creatingspacetherapy.com

Anchor Counseling

Clinicians Name/s: Angel Hernandez LCSW, owner (Multiple Clinicians)

Address: 2700 Keslinger Rd. Suite B. Geneva

Phone Number: 630-765-3214

Website : www.anchorcounseling.org

Email Address: angel@anchorcounseling.org

Specialties (DBT, Trauma Focused, EMDR): PTSD, EMDR

Do they offer Tele-health? Yes

Age Groups they work with: 11+

Insurance accepted: Yes

Waitlist? Not currently

Clinician: Angel Ianakiev

Location: 2700 Keslinger rd, Geneva

Age Groups: Adolescents (13-17), Adults (18-64)

Phone: 630-765-3214

Email: Angel@anchorcounseling.org

Namasa Therapy, LLac

Location: 312 w State St. ste 107, Geneva, IL 60134

Clinician: Dennise Demitro

Specialties: Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), Dialectical Behavior Therapy (DBT), Internal Family Systems (IFS), Cognitive Processing Therapy (CPT)

Age Groups: Adults (18-64)

Phone: 708-793-7892

Email: Dennise@namasatherapy.com

Believe in Therapy

Location: 515 James St #4 Geneva

Clinician: Bethlyn Johnson

Specialties: Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), Dialectical Behavior Therapy (DBT), Somatic Experiencing (SE), Internal Family Systems (IFS), Cognitive Processing Therapy (CPT)

Age Groups: Adolescents (13-17), Adults (18-64)

Phone: 6307264037

Email: Bethlyn@believeintherapygeneva.com

Lynnea Therapy Services, PLLC

Location: 515 James St Ste 6 Geneva, IL 60134

Clinician: Chardyce Kott, LCSW & Dawn Yarbrough, MA

Specialties: Eye Movement Desensitization and Reprocessing (EMDR), Dialectical Behavior Therapy (DBT), Somatic Experiencing (SE)

Age Groups: Adults (18-64), Seniors (65+)

Phone: 708-274-7740

Email: info@lynneatherapy.com

Empowering You

Clinician: Dr. Nicole R. Parmelee

Location: 515 James Street , Suite 7, Geneva IL 60134

Specialties: Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), Dialectical Behavior Therapy (DBT), Sensorimotor Psychotherapy, Somatic Experiencing (SE), Internal Family Systems (IFS]

Age Groups: Adolescents (13-17), Adults (18-64), Seniors (65+)

Phone: 630 940 4041

Email: Drnicolereenee@me.com

NORTH AURORA

Riverview Counseling Services

Address : 66 Miller Dr Suite 104, North Aurora, IL 60542

Hours : Open · Closes 9 PM

Phone : (630) 587-3777

OakHeart Center for Counseling Mediation & Consultation

Address : 66 Miller Dr #105, North Aurora, IL 60542

Hours: Open · Closes 9 PM

Phone : (630) 570-0050

Appointments: oakheartcenter.com

Taking Control

Address : Laurie's Plaza, 106 S Lincolnway, North Aurora, IL 60542

Hours : Open · Closes 7 PM

Phone : (630) 801-1669

Braden Counseling Center

Address : 1105 Ritter St Suites A & D, North Aurora, IL 60542

Hours : Open · Closes 9 PM

Phone : (800) 428-7260

Appointments: bradencenter.com

Treehouse Pediatric Therapy

Address : 37W002 Mooseheart Rd, Mooseheart, IL 60539

Hours : Open · Closes 7 PM

Phone : (630) 541-3652

AURORA

Inner healing therapy

Location: 4260 Westbrook Drive Suite 116 Aurora Illinois 60505

Clinician: Hannah Jurkevicius

Specialties: Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), Dialectical Behavior Therapy (DBT), Internal Family Systems (IFS)

Age Groups: Children (0-12), Adolescents (13-17), Adults (18-64)

Phone: 6202462955

Email: Hannahjurkevicius@innerhealingtherapy.info

Suicide Prevention Services and Stone Manor Counseling

Location: 2000 w galena blvd suite 205 Aurora IL

Clinician: Megghun Redmon, Stephanie Weber, Stephanie Dewinski, Sara Rosenberger,
Jennifer Orta

Age Groups: Children (0-12), Adolescents (13-17), Adults (18-64), Seniors (65+)

Phone: 6304829699

Email: Megghun@spsamerica.org

Ellie Mental Health

Address: 1315 N Highland Ave Suite 202, Aurora, IL 60506

Phone: 630-394-1379

Specialized Services :Physioclogical evaluations and testing, call joint therapy, INTERO

Psychedelic Therapy, Transcranial Magnetic Stimulation, Virtual Reality, MN

Community Based Services, Intensive Outpatient Programs, Protector OverWatch,

Trauma Related issues including Sexual Abuse

Age Groups:children (6-10), preteens, teens, adults, and elders (65+)

Accepted Ins: Aetna ,BCBS Community Plan,BCBS PPO, Cash Pay,,Cigna/Evernorth,

,ENI EAP, ,Imagine Health, Magellan, Medicare, Optum/United Healthcare, Partners

Direct Health, Pathways Behavioral Health Network , Sliding Fee Scale Tricare East

Region

Geode Health Geode

Address: 98 Miller Dr Suite 103,

North Aurora, IL 60542

Phone: 630-506-6615

Specialized Services: Depression & mood disorders, Anxiety & panic disorders

Past trauma / trauma (including childhood trauma, sexual abuse, domestic violence)

Behavior & ADHD, Disordered eating

Age Groups: adolescent psychiatry and adult psychiatric care (i.e., teens + adults)

Accepted Ins Blue Cross Blue Shield (including Blue Cross Blue Shield of Illinois,

Aetna, United Healthcare, Cigna. Self Pay special rates. No Public Aid.

Ascension Therapy Services Ascension Therapy Services

Address: 1300 N Highland Ave #5,

Aurora, IL 60506 Phone:

Phone: 331-274-3842

Specialized Service: ADHD, Adjustment Disorder, Anxiety,

Anger Management, Behavioral & Conduct D/O, Depression, Grief, Personality

Disorders, Sexuality, Trauma Care, Spirituality

Age Group :Teens, adults

Accepted Ins: Blue Cross Blue Shield, cash, credit card, or electronic payments such as Zelle.

Thriveworks Counseling & Psychiatry

Address: 75 Executive Dr Suite 315D, Aurora, IL 60504

Phone: 630-523-8166

Specialized Service: ADHD therapy, Addiction, Anger management therapy, Bipolar disorder therapy, Christian counseling, Cognitive behavioral therapy (CBT), Depression counseling, Dialectical behavior therapy (DBT), Divorce counseling, EMDR therapy, Eating disorder, Emotionally focused therapy (EFT), Grief & loss counseling, LGBTQIA+ counseling, Mindfulness-based cognitive therapy (MBCT), Motivational interviewing, Narrative therapy, Obsessive-compulsive disorder therapy (OCDT), Person-centered therapy (PCT), Psychodynamic therapy, Relational therapy, Trauma/PTSD therapy

Age Group: Toddlers, Children (ages ~6-10), Preteens, Teens, Adults, Elders (65+) For child/teen therapy specifically: ages 0-17

Accepted Ins: Blue Cross Blue Shield, BCBS Medicare, Advantage (HMO/PPO), Cigna, Medicare IL, Humana Medicare, United Health Care, Tri West, Railroad Medicare, Oscar Health. Self Pay Initial Session \$300 Subsequent sessions \$170

Oasis Mental Health Oasis Mental Health

1900 Ogden Ave., Suite 106 Aurora, IL 60504

Phone: 630- 256-8007

Specialized Service: Physical Abuse, Verbal/Emotional Abuse, Sexual Abuse, Physical Neglect, Emotional Neglect, Mental illness in a member of the household, Family member incarcerated, Mother treated violently (domestic violence), Household substance abuse, Parental separation or divorce, Anger Management

Age Group Toddler, Children (6 to 10), Preteen, Teen, Adults

Accepted Ins, Aetna, Anthem, BlueCross

and BlueShieldCigna and Evernorth, CompPsych, Magellan, Optum, United Medical

Resources (UMR), UnitedHealthcare UHC | UBH Out of Network. Individual Sessions \$140 Sliding scale: apply if you may be eligible

Julia Guest

Clinical Social Work/Therapist, LCSW, CADC Julia Guest, LCSW, CADC

1900 Ogden Avenue Aurora, IL 60504

(630) 686-0069

Specialized Service: Addiction, ADHD, Alcohol Use, Anger Management, Anxiety, Autism, Behavioral Issues, Bipolar Disorder, Borderline Personality (BPD), Codependency, Coping Skills, Depression, Divorce, Drug Abuse, Dual Diagnosis, Grief, LGBTQ+, Life Transitions, Marital and Premarital, Mood Disorders, Parenting, Peer Relationships, Relationship Issues, School Issues, Self Esteem, Self-Harming, Sexual Abuse, Stress, Suicidal Ideation.

Age Group: Children, adolescents and adults.

Accepted Insurance: Accepted Insurance: Aetna, BlueCross and BlueShield, UnitedHealthcare UHC | UBH. Individual Sessions \$120. Couple Sessions \$140. American Express, Cash, Check, Discover, Health Savings Account, Mastercard, Venmo, Visa, Zelle

ELGIN/SOUTH ELGIN

Clinician's Name/s: STEPHANIE PETREY LCPC

Website: www.Findoctave.com

Specialties (DBT, Trauma Focused, EMDR): CHILD PARENT PSYCHOTHERAPY,
EMOTIONAL FOCUSED THERAPY, FAMILY THERAPY.

Do they offer Telehealth? YES

Age Groups they work with: 6-64 YEARS OLD

Insurance accepted: AETNA, BCBS, CIGNA

Waitlist? NO

FAMILY SERVICE ASSOCIATION OF GREATER ELGIN

Clinicians' Name/s: JANETH BARBA

Address: 1752 CAPITAL ST. STE 100 ELGIN, ILLINOIS 60123

Phone Number: 847-695-3680

Website: www.Fsaelgin.org

Specialties (DBT, Trauma Focused, EMDR): THERAPEUTIC MENTORING
GUVINILE, SASS, INDIVIDUAL THERAPY, FAMILY THERAPY.

Age Groups they work with: 6-64 YEARS OLD

Insurance accepted: ALL KIDS, MEDICAID, OTHER, PRIVATE INSURANCE,
SLIDING SCALE, DIFFERENT PROGRAMS FOR ASSISTANCE.

Waitlist? NO

KIDS ALL ABOVE

Clinicians Name/s: DALIA RODRIGUEZ

620 WING STREET ELGIN, ILLINOIS 60123

Phone Number: 773-391-3789

Website: www.kidsallaboveall.org

Email Address: drodriguez@kidsallaboveall.org

Specialties: FAMILY COUNSELING, PLAY-BASED THERAPY, TRAUMA INFORMED, INDIVIDUAL THERAPY.

Do they offer Telehealth? NO

Age Groups they work with: 3-64 YEARS OLD

Insurance accepted: MEDICAID, MEDICAID HMO, MEDICARE, ALL KIDS, DCFS PAYMENTS, SLIDING SCALE, PRIVATE INSURANCE.

Waitlist? NO

LUNA BEHAVIORAL HEALTH CENTER

Clinicians Name/s: MAGDA PEREZ

164 DIVISION ST. ELGIN, ILLINOIS 60120

Phone Number: 847-217-9797

Website: Lunabehavioralhealthcenter.com

Email Address: info@lunanebehavioralhealthcenter.com

Specialties SEXUAL ASSAULT, INDIVIDUAL THERAPY, FAMILY THERAPY.

Do they offer Telehealth? NO

Age Groups they work with: 4-18 YEARS OLD

Insurance accepted: PRIVATE INSURANCE, SLIDING SCALE.

Waitlist? NO

MISC

Conscious Healing

Location: 109 W Jefferson Ave, Naperville, IL 60540

Clinician: Sarah Abbas

Specialties: Somatic Experiencing (SE)

Age Groups: Adults (18-64)

Phone: 6307010315

Email: sarah@conscioushealingpllc.com

Balance and Blossom Therapy

Location: 11603 S Route 47 Suite F Huntley

Clinician: Jessica Smith

Specialties: Eye Movement Desensitization and Reprocessing (EMDR), Somatic Experiencing (SE), Internal Family Systems (IFS), Cognitive Processing Therapy (CPT),

Age Groups: Adults (18-64)

Phone: 847-220-8323

Email: Jessica@balanceandblossomtherapy.com

Tend Therapy

Clinician: Kari Wittmann Lata

Location: 121 N Washington, Naperville, IL 60540

Specialties: Eye Movement Desensitization and Reprocessing (EMDR), Internal Family Systems (IFS)

Age Groups: Adults (18-64)

Phone: 630-492-0149

Email: kari@tendtherapyspace.com

Sara Brandt, PhD

Clinician: Sara Brandt, PhD, MS, LMFT

Location: 1320 Tower Road, Schaumburg, 60173

Specialties: Eye Movement Desensitization and Reprocessing (EMDR), Internal Family Systems (IFS)

Age Groups: Adults (18-64)

Phone: 630-290-3384

Email: drsarabrandtscheduling@gmail.com

Grace & Gratitude Counseling

Location: 1401 Branding Ave Ste 345 Downer's Grove 60515

Specialties: Eye Movement Desensitization and Reprocessing (EMDR), Internal Family Systems (IFS)

Age Groups: Adolescents (13-17), Adults (18-64), Seniors (65+)

Phone: 3312544464

Email: Office@graceandgratitudecounseling.com

OakHeart Center for Counseling

1950 DeKalb Ave, Unit E Sycamore, IL 60178

Clinician: Kevin Hamor

Specialties: Dialectical Behavior Therapy (DBT), Cognitive Processing Therapy (CPT)

Age Groups: Adolescents (13-17), Adults (18-64)

Phone: 630-570-0050

Email: contact.oh@oakheartcenter.com

OakHeart Center for Counseling

Location: 1950 Dekalb Ave Unit E, Sycamore IL.60115

Clinician: Hannah Amundson

Specialties: Dialectical Behavior Therapy (DBT), Cognitive Processing Therapy (CPT),

Age Groups: Children (0-12), Adolescents (13-17), Adults (18-64)

Phone: 630-570-0050

Email: contact.oh@oakheartcenter.com

Thrive Postpartum, Couples and Family Therapy

Location: Hoffman Estates

Clinician: Ashley Tabata

Age Groups: Adults (18-64)

Phone: 2246989792

Email: ashley@thrivewiththerapy.com

AKWELI MENTAL SPACE

Location: Local to the area but seeing patients 100% virtually

Clinician: Kate Sinclair PMHNP-BC

Specialties: Trauma-Focused Cognitive Behavioral Therapy (TF-CBT),

Age Groups: Children (0-12), Adolescents (13-17), Adults (18-64), Seniors (65+)

Phone: 331 244 5138

Email: info@akweli.com

Lakefront Therapy

Location: Offering pay what you can options via telehealth

Clinician: Karsyn Prescott

Specialties: Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), Dialectical Behavior Therapy (DBT), Other (please specify below)

Age Groups: Children (0-12), Adolescents (13-17), Adults (18-64), Seniors (65+)

Phone: (312) 481-7082

Email: karsyn.prescott@lakefronttherapy.com

Wellspring Center for Counseling

Location: Sycamore, Elgin, West Dundee, virtual

Clinician: Various

Specialties: Eye Movement Desensitization and Reprocessing (EMDR), Dialectical Behavior Therapy (DBT), Sensorimotor Psychotherapy, Internal Family Systems (IFS)

Age Groups: Children (0-12), Adolescents (13-17), Adults (18-64), Seniors (65+)

Phone: 847-707-2689

Email: info@wellspringcenterforcounseling.com

DZ Therapy

Location: Telehealth

Clinician: Megan Fell

Specialties: Internal Family Systems (IFS), Other (please specify below)

Age Groups: Adults (18-64), Seniors (65+)

Phone: 6308666877

Email: meg@dztherapy.com

Pathways psychological services

Clinician: Ariel Hommes

Age Groups: Children (0-12), Adolescents (13-17), Adults (18-64), Seniors (65+)

Phone: 312-613-6599

Email: Ahommes@gmail.com

Level Up Counseling PLLC

Clinician: Brittney Segoviano

Specialties: Dialectical Behavior Therapy (DBT)

Age Groups: Adults (18-64)

Phone: 224 276 6275

Email: Bsegoviano@level-upcounseling.com

Restorative Behavioral Health

Location: Telehealth only

Clinician: Laura Lange

Specialties: Eye Movement Desensitization and Reprocessing (EMDR), Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), Dialectical Behavior Therapy (DBT), Internal Family Systems (IFS)

Age Groups: Adolescents (13-17), Adults (18-64)

Phone: 6204306729

Email: Lauralangelcsw@gmail.com

Lakeview Healing, LLC

Location: Virtual

Clinician: Letitia Cullens-Proctor

Specialties: Eye Movement Desensitization and Reprocessing (EMDR), Internal Family Systems (IFS)

Age Groups: Adults (18-64), Seniors (65+)

Phone: 720-213-8583

Email: Letitia@lvhtherapy.com

Living Well Psychotherapy

Location: Virtual in Illinois

Clinician: Col Jones

Specialties: Eye Movement Desensitization and Reprocessing (EMDR), Dialectical Behavior Therapy (DBT), Internal Family Systems (IFS)

Age Groups: Adolescents (13-17), Adults (18-64), Seniors (65+)

Phone: 747-316-0107

Email: col@livingwellpsychotherapy.com

Stronger Therapeutic Counseling Services

Location: 201 Houston St Suite 105 Batavia & 200 Washington St West Dundee

Clinician: Natalie Burch, LSW, Alayna Orchard, LPC Gina Quinn LCPC, Kelly

Jacobson, LCSW, Chelsea McKone, Pending AMFT Dec 2025, Alyssa Schopp, MSW

Intern

Specialties: Eye Movement Desensitization and Reprocessing (EMDR), Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), Dialectical Behavior Therapy (DBT), Somatic Experiencing (SE), Internal Family Systems (IFS), Cognitive Processing Therapy (CPT)

Age Groups: Adolescents (13-17), Adults (18-64)

Phone: 8477971049

Email: Hello@yourstrongerself.me

Blackberry Counseling Center

Location: 21 S Main St Suite A, Elburn, IL 60119

Clinician: Brittany Male

Specialties: Dialectical Behavior Therapy (DBT), Internal Family Systems (IFS), Cognitive Processing Therapy (CPT)

Age Groups: Adolescents (13-17), Adults (18-64), Seniors (65+)

Phone: 217-471-4229

Email: contact.blackberry@blackberrycounselingcenter.com

Restorative Behavioral Health

Clinician: Stephanie Williams

Age Groups: Adolescents (13-17), Adults (18-64)

Email: Stephaniewilliamslcpc@gmail.com

Integrative Holistic Counseling

Location: 27475 Ferry Rd, Warrenville, IL 60555

Clinician: Integrative Holistic Counseling

Specialties: Eye Movement Desensitization and Reprocessing (EMDR), Trauma-Focused

Cognitive Behavioral Therapy (TF-CBT), Dialectical Behavior Therapy (DBT), Internal

Family Systems (IFS), Cognitive Processing Therapy (CPT)

Age Groups: Children (0-12), Adolescents (13-17), Adults (18-64), Seniors (65+)

Phone: 630-699-7254

Email: info@integrativeholisticcounseling.com

Your Journey Therapy

Location: 303 N State St Hampshire, IL 60140

Clinician: Patti KohlerPeschke

Specialties: Eye Movement Desensitization and Reprocessing (EMDR), Dialectical Behavior Therapy (DBT)

Age Groups: Children (0-12), Adolescents (13-17), Adults (18-64)

Phone: 847-961-9149

Email: Patti@yourjourneytherapy.org

Mind Matters

Location: 313 N Main St, Elburn IL 60119

Clinician: Annie Barsch

Specialties: Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), Dialectical Behavior Therapy (DBT), Internal Family Systems (IFS), Cognitive Processing Therapy (CPT)

Age Groups: Adolescents (13-17), Adults (18-64), Seniors (65+)

Phone: 630-551-8606

Email: mindmatters.annie@gmail.com

Wellness Constellation

Location: 799 Roosevelt Rd, Bldg 6, Suite 122, Glen Ellyn, Illinois

Clinician: Joy Walsh

Specialties: Dialectical Behavior Therapy (DBT), Somatic Experiencing (SE)

Age Groups: Adults (18-64)

Phone: 630-277-9101

Email: Joy@wellnessconstellation.com

Truth Centered Wellness

Location: 799 Roosevelt Road, Bldg 6, Suite 122, Glen Ellyn

Clinician: Melissa Gonski

Specialties: Eye Movement Desensitization and Reprocessing (EMDR)

Age Groups: Adults (18-64), Seniors (65+)

Phone: 847-550-3684

Email: mgonski@truthcenteredwellnes.com

Maple Seed Counseling PLLC

Location: 800 Roosevelt Rd Suite E220, Glen Ellyn 60137 & Telehealth

Clinician: Chelsea Solorzano

Specialticity: Brain Spotting

Age Groups: Adults (18-64)

Phone: 630.378.8202

Email: chelsea@mapleseedcounseling.com

DZ Therapy

Location: 67 main st #2b Oswego IL 60543

Clinician: Danielle Zimmerman

Specialties: Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), Dialectical

Behavior Therapy (DBT), Somatic Experiencing (SE), Internal Family Systems (IFS),

Other (please specify below)

Age Groups: Adolescents (13-17), Adults (18-64)

Phone: 815-556-9144

Email: Danielle@dztherapy.com