



Catherine Cooke, LCPC, CADC

Catherine is a Licensed Clinical Professional Counselor (LCPC) and Certified Alcohol and Drug Counselor (CADC) in the state of Illinois. She earned her Bachelor's degree in Psychology from Illinois State University in 2013 and went on to complete her Master's in Counseling with a specialization in Forensic Psychology at The Chicago School of Professional Psychology in 2018.

With over seven years of experience, Catherine has worked with both adolescents and adults across extended residential, partial hospitalization, and intensive outpatient levels of care. She has supported individuals navigating challenges such as substance use and behavioral addictions, depression, anxiety, trauma, identity concerns, interpersonal struggles, shame, and codependency.

Catherine's therapeutic approach is warm, relational, and collaborative. She emphasizes self-advocacy while tailoring her support to each person's unique needs. Drawing from a variety of evidence-based modalities, Catherine incorporates motivational interviewing, attachment theory, IFS/parts work, DBT, CBT, ACT, and client-centered techniques into her practice.

Outside of her clinical work, Catherine enjoys exploring new restaurants and cuisines around the city, attending concerts and sporting events, and staying active as a dedicated runner. She completed the 2022 Chicago Marathon and has plans to participate again in the future.

Contact Catherine at:

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