



Elba Lara, LCSW, CADC Psychotherapist | Coach

Elba Lara has 15 years of experience working with adults and adolescents suffering from severe mood and thought disorders who present with psychosis, depression, anxiety, trauma, and addiction. Elba has worked in communities with diverse populations ranging from the Westside of Chicago, the Loop, and suburbs. Over the course of her career, she has provided clinical care to individuals, couples and families in outpatient and residential treatment settings, while also visiting schools, nursing homes, and hospitals. In her recent work experiences, Elba has gained vast experience in clinical and administrative leadership roles and has been responsible for building clinical teams and developing specialized programs to help meet community needs.

She is enthusiastic about bringing her clinical experience to a space that helps her clients feel safe, supported and comfortable. Her approach with clients is nonjudgmental and based on acceptance. Elba utilizes practical tools to enhance the client's existing strengths, by encouraging mindfulness and cognitive-behavioral practices that assist with wellness efforts.

Elba is an Illinois native and is centrally located in Chicago. Elba earned a Social Work degree from Illinois State University with a minor in Spanish in 2002. Soon after, she worked to become a Certified Alcohol and Drug Counselor (CADC) and was certified in 2004. She went on to continue her academic training in post-graduate studies at Governors State University and earned a master's degree in Social Work.

When not busy working, Elba enjoys cooking, photography and other activities that encourage creativity. She also loves spending time with her friends, family, and pets.

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