



Elizabeth is a Licensed Clinical Social Worker with a Master's Degree of Social Work from Loyola University in Chicago. She is a Certified Alcohol and Substance use Counselor, and also practices a Sex Therapist. As a mental health clinician her proficiency lies in working with adults who are attempting to manage symptoms of their mental health conditions. Elizabeth will initiate a therapeutic relationship that can cultivate optimism and empower you to address your personal goals.

She's practiced with treating addictive behaviors and counseled for issues such as anger management, support with chronic medical conditions, life transitions, paraphilias, substance use disorders, post-traumatic stress disorder, precipitated grief, and bereavement. Elizabeth will provide a safe and supportive environment in which you may explore and address presenting concerns.

She welcomes the opportunity to have collaborative communication while demonstrating sensitivity toward your life experiences. Her reliance on evidence-based practices will assure proper care. Once you begin establishing a therapeutic relationship, she can construct an acceptable treatment plan, assess how you are responding to the goals, and make adjustments as needed.

Evidence based practices that inform her practice include but are not limited to: Dialectical Behavioral Therapy (DBT), Mindfulness based treatment, Solution Focused Brief therapy (SFBT), Harm Reduction, along with Polyvagal Theory. Liz welcomes all adults and adolescents who seek a life change, including veterans suffering with PTSD.

Fluent in Spanish- También puedo realizar sesiones de terapia en español. Por favor comuníquese con confianza.

Favorite quote: – “What is necessary to change a person is to change their awareness of themselves.”

By Abraham Maslow

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