



Shawntrell Moore, LCPC, CADC Psychotherapist

Meaningful and lasting change is possible. In our work together, we will focus on helping you develop greater comfort with emotional vulnerability, confidence in making decisions that align with your best interests, and deeper self-awareness through thoughtful reflection on emotions, behaviors, and personal values. This process often leads to new perspectives, healthier patterns, and meaningful action.

Areas we may explore include trauma, addiction, depression, relationship challenges or divorce, shame, identity development, racial and cultural issues, and overall personal well-being. My therapeutic style is thoughtful, direct, and practical. I believe therapy should not only provide insight but also offer clear tools and strategies that help you move forward in your life.

I am a Licensed Clinical Professional Counselor (LCPC) and a Certified Alcohol and Drug Counselor (CADC) in Illinois with over 17 years of clinical experience. I earned my master's degree in human services and bachelor's degree in criminal justice from the University of Illinois. My therapeutic approach integrates several evidence-based modalities including Trauma-Informed Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Gestalt Therapy, Motivational Interviewing (MI), and Solution-Focused Therapy.

I work with late adolescents, young adults, middle-aged adults, and older adults, including individuals and couples. I also have a special interest in supporting helping professionals, including clinicians and healthcare workers who may be navigating vicarious trauma, compassion fatigue, or occupational burnout.

Emotional pain often stems from untreated mental health challenges, and while the work of healing can sometimes feel uncomfortable, it often leads to long-term relief, greater discipline, and a deeper sense of internal peace.

If you are considering therapy, I welcome the opportunity to connect and determine if we may be a good fit for your goals.