



**Aryn Froum**

Zip Code: 60077

Zip Postal: 60077-4736

Language: English

**Populations Treated:** Children, Adolescents/Teens, Adults, Couples, Families

**Treatment Options:** In Office, Telehealth, Phone Consultations

**Disorders Treated & Specialty:** Stress, Suicidal Ideation, Tourette's Syndrome, Trichotillomania, Social Anxiety Disorder, Emetophobia, Agoraphobia, Anxiety, Attention-Deficit/Hyperactivity Disorder, Bipolar Disorder, Body Focused Repetitive Behaviors, Depression, Generalized Anxiety Disorder (GAD), Grief, Health Anxiety, Intrusive Thoughts, MDD, Misophonia, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Phobias, Postpartum, Selective Mutism Disorder, Separation Anxiety

**Treatment Methods:** Medication Referral, Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), Exposure Therapy, Mindfulness

**Payment Options:** Accepts Cash and/or Checks, Accepts Venmo/App-based Payment

**Address1:** 4905 Old Orchard Ctr

**Address2:** Ste 510

**Website:** <http://www.froumhealth.com>

**City:** Skokie

**State/Providence:** Illinois

**Country:** United States

**Degree:** PhD

**Email:** [aryngfroumphd@gmail.com](mailto:aryngfroumphd@gmail.com)

**Office Phone:** (847) 424-0521

**Telehealth:** Illinois

**Professional focus:** Psychologist

## ABOUT

Aryn Grossman Froum, Ph.D. is a licensed clinical psychologist who helps people solve problems, build resilience, and create better lives for themselves. She works with children, adolescents, adults, and families. Dr. Froum earned her doctorate in clinical psychology from the University of Michigan, where her research and clinical training focused largely on how children, adolescents, and their parents cope with stressful experiences. She completed her internship at the University of Michigan's Center for the Child and the Family and subsequently completed a postdoctoral fellowship at South Campus Therapeutic Day School in suburban Chicago. She was also a member of the Clinical Staff at The Family Institute at Northwestern University. Dr. Froum has worked in private practice for over ten years. Her extensive clinical experience has involved providing outpatient psychotherapy, consulting at a preschool and a summer program for gifted teens, and leading various groups for children and parents. Areas of clinical expertise: parenting issues; anxiety; depression; OCD; loss and grief.

## TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Dialectical Behavioral Therapy (DBT)

Exposure Therapy

Medication Referral

Mindfulness

## POPULATIONS TREATED

Adolescents/Teens  
Adults  
Children  
Couples  
Families

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#### DISORDERS AND SPECIALITIES

Agoraphobia  
Anxiety  
Attention-Deficit/Hyperactivity Disorder  
Bipolar Disorder  
Body Focused Repetitive Behaviors  
Depression  
Emetophobia  
Generalized Anxiety Disorder (GAD)  
Grief  
Health Anxiety  
Intrusive Thoughts  
MDD  
Misophonia  
Obsessive Compulsive Disorder (OCD)  
Panic Attacks/Panic Disorder  
Phobias  
Postpartum  
Selective Mutism Disorder  
Separation Anxiety  
Social Anxiety Disorder  
Stress  
Suicidal Ideation  
Tourette's Syndrome  
Trichotillomania

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#### PAYMENT OPTIONS

Accepts Cash and/or Checks  
Accepts Venmo/App-based Payment



#### ABOUT ANXIETY & DEPRESSION ASSOCIATION (ADAA)

*ADAA's Find Your Therapist Directory connects YOU with licensed mental health professionals/counselors, with clinical licenses and who have expertise in anxiety, depression, OCD, PTSD, and co-occurring disorders.*

*We are increasing the number of mental health professionals listed. We also list ADAA members who work for behavioral health clinics.*

*If you cannot find a therapist, contact your medical provider, your insurance company, or other lists of licensed mental health professionals.*

*Please note that US clinicians are not able to see clients outside of the US due to licensing restrictions.*

*Please note that clinicians in the directory who do not state that they participate in an insurance plan do not take insurance.*

Know that you are not alone, and help is available. If you are in crisis call or text 988 for the Suicide & Crisis Lifeline.

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*For the ADAA mental health professionals, this directory also helps you connect with potential patients. To join the directory, contact [membership@adaa.org](mailto:membership@adaa.org).*

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*The members in ADAA's Find Your Therapist directory are listed for the sole purpose of helping the public or serving as an ADAA professional member referral.*

*The emails of the therapists cannot be used to contact them for any reason other than requesting mental health services or for an ADAA professional member to reach out to another member to discuss a possible referral. These emails are not to be used to solicit business or promote any products. ADAA reserves the right to take legal action if solicitations occur.*

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#### HELPFUL LINKS

**ADAA Website**  
<https://adaa.org/>

**Tips and Questions About How to Chose a Therapist That's Right for You**

<https://adaa.org/finding-help/treatment/choosing-therapist>

**5 Tips for How to Know If an Anxiety Therapist Is the Right Fit for You**

<https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/5-tips-how-know-if-anxiety-therapist-right-fit>

**Watch ADAA's Short "What is" Videos on Depression, MDD, PTSD, OCD and Suicide**

<https://adaa.org/resources-news/from-adaa-experts/videos>

**Mental Health Webinars**

<https://adaa.org/resources-news/from-adaa-experts/webinars>

**Mental Health Personal Stories**

<https://adaa.org/educational-resources/from-our-community/stories-of-triumph>

**ADAA Free Newsletter Sign Up**

[https://adaa.informz.net/adaa/pages/Triumph\\_Subscribe\\_page](https://adaa.informz.net/adaa/pages/Triumph_Subscribe_page)

**Join a Free Support Community**

<https://adaa.org/find-help/support>

**Meet ADAA's Institutional Members**

<https://adaa.org/professionals/Institutional-Memberships>

**For Therapists: Watch ADAA's Find Your Therapist Video**

<https://youtu.be/Eq3zOzbfGoU>