



Brian Pelletier

Zip Code: 60091

Zip Postal: 60091

Language: English

Populations Treated: Children, LGBTQI, Couples, Seniors, Adults, Adolescents/Teens

Organization: Light On Anxiety Treatment Centers

Treatment Options: Telehealth, In Office, Group Therapy

Disorders Treated & Specialty: Other, Trichotillomania, Trauma, Stress, Social Anxiety Disorder, Sleep Disorders, Separation Anxiety, Self-Harm, Depression, Chronic Illness, Borderline Personality Disorder (BPD), Body Focused Repetitive Behaviors, Body Dysmorphic Disorder, Anxiety, Anger Management, Agoraphobia, Eating Disorders, Irritable Bowel Syndrome (IBS), Selective Mutism Disorder, Posttraumatic Stress Disorder (PTSD), Phobias, Panic Attacks/Panic Disorder, Obsessive Compulsive Disorder (OCD), Misophonia, MDD, LGBTQ+, Intrusive Thoughts, Hoarding, Health Anxiety, Grief, Generalized Anxiety Disorder (GAD), Gender Identity, Emetophobia

Treatment Methods: Dialectical Behavioral Therapy (DBT), Cognitive Behavioral Therapy for Insomnia (CBT-I), Cognitive Behavioral Therapy (CBT), Exposure Therapy, Other, Mindfulness

Payment Options: Sliding Scale, Accepts Cash and/or Checks, Accepts Credit Cards, Accepts Some Insurance

Address1: 3330 Old Glenview Road Suite 14

Website: <http://www.lightonanxiety.com>

City: Wilmette

State/Province: Illinois

Country: United States

Degree: LPC

Preferred Pronouns: he/him/his

Email: brianpelletier@lightonanxiety.com

Office Phone: 3125083645

Telehealth: Illinois

Cell Phone: 2244207027

Professional focus: Counselor

ABOUT

Brian completed his Master's in Clinical Mental Health Counseling from Roosevelt University where he also served as a Graduate Assistant. He has counseling experience with adolescents, adults, and seniors from all backgrounds and identities. Brian also has clinical experience in community mental health, college counseling, and higher levels of care, including residential treatment. Brian has helped numerous individuals redefine their relationship with anxiety in all its forms. Brian has created a mindfulness training program to increase workplace wellness. Brian's approach is collaborative and trauma-informed with a solid foundation in Cognitive Behavioral Therapy (CBT). He has also received training and experience in Acceptance and Commitment Therapy (ACT), Dialectical Behavioral Therapy (DBT), Radically-Open DBT, Cognitive Processing Therapy (CPT), and Exposure and Response Prevention (ERP). Brian believes knowledge is power and will work with you to empower you throughout your treatment journey. Yes, change is possible.

TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)

Cognitive Behavioral Therapy for Insomnia (CBT-I)

Dialectical Behavioral Therapy (DBT)

Exposure Therapy

Mindfulness

Other

POPULATIONS TREATED

Adolescents/Teens
Adults
Children
Couples
LGBTQI
Seniors

DISORDERS AND SPECIALITIES

Agoraphobia
Anger Management
Anxiety
Body Dysmorphic Disorder
Body Focused Repetitive Behaviors
Borderline Personality Disorder (BPD)
Chronic Illness
Depression
Eating Disorders
Emetophobia
Gender Identity
Generalized Anxiety Disorder (GAD)
Grief
Health Anxiety
Hoarding
Intrusive Thoughts
Irritable Bowel Syndrome (IBS)
LGBTQ+
MDD
Misophonia
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Phobias
Posttraumatic Stress Disorder (PTSD)
Selective Mutism Disorder
Self-Harm
Separation Anxiety
Sleep Disorders
Social Anxiety Disorder
Stress
Trauma
Trichotillomania
Other

PAYMENT OPTIONS

Accepts Cash and/or Checks
Accepts Credit Cards
Accepts Some Insurance
Sliding Scale



ABOUT ANXIETY & DEPRESSION ASSOCIATION (ADAA)

Looking for a Therapist? ADAA Can Help

ADAA's Find Your Therapist Directory is your trusted resource for connecting with licensed mental health professionals who specialize in treating anxiety, depression, OCD, PTSD, and other related disorders. Each provider listed holds a valid clinical license and brings expertise to support your mental wellness journey.

If You're Having Trouble Finding a Therapist

If you don't find a match in our directory, we encourage you to:

- Contact your primary care provider
- Check with your health insurance company
- Explore other reputable directories of licensed mental health professionals

Please Note:

- U.S.-based clinicians cannot see clients who reside outside the United States due to licensing laws.
- Clinicians who do not mention insurance participation in their profile do not accept 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.

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.

HELPFUL LINKS

ADAA Website

<https://adaa.org/>

Tips and Questions About How to Choose 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 Anxiety, Depression, MDD, PTSD, OCD and more!

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

ADAA's Free 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

Join a Free ADAA Online Peer-to-Peer Support Community

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

Meet ADAA's Institutional Members

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

Therapists: Watch ADAA's Find Your Therapist Video and Join the Directory!

<https://youtu.be/Eq3zOzbfGoU>