



**Brittany Parker**

Zip Code: 60640

Zip Postal: 60640

Language: English

**Populations Treated:** Adolescents/Teens, Adults, BIPOC, LGBTQI, People W/ Disabilities, Other

**Organization:** Light On Anxiety Treatment Centers

**Treatment Options:** Home Visits, In Office, Telehealth

**Disorders Treated & Specialty:** Trauma, Suicidal Ideation, Chronic Illness, Anger Management, Anxiety, Assessment, Attention-Deficit/Hyperactivity Disorder, BIPOC, Depression, Generalized Anxiety Disorder (GAD), Health Anxiety, Intrusive Thoughts, LGBTQ+, MDD, Panic Attacks/Panic Disorder, Phobias, Self-Harm, Sleep Disorders, Social Anxiety Disorder, Stress, Substance Abuse

**Treatment Methods:** Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Cognitive Behavioral Therapy for Insomnia (CBT-I), Dialectical Behavioral Therapy (DBT), Exposure Therapy, Mindfulness, Telemental Health

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

**Address1:** 4619 N Ravenswood

**Address2:** Suite 304

**Website:** <https://lightonanxiety.com/staff/brittany-parker-psy-d/>

**City:** Chicago

**State/Providence:** Illinois

**Country:** United States

**Degree:** PSYD

**Preferred Pronouns:** she/her/hers

**Email:** [drbrittanyparker@lightonanxiety.com](mailto:drbrittanyparker@lightonanxiety.com)

**Office Phone:** (312) 508-3645

**Telehealth:** Illinois

**Professional focus:** Psychologist, Postdoctoral

## ABOUT

<https://lightonanxiety.com/staff/brittany-parker-psy-d/>

## TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Cognitive Behavioral Therapy for Insomnia (CBT-I)

Dialectical Behavioral Therapy (DBT)

Exposure Therapy

Mindfulness

Telemental Health

## POPULATIONS TREATED

Adolescents/Teens

Adults

BIPOC

LGBTQI

People W/ Disabilities  
Other

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#### DISORDERS AND SPECIALITIES

Anger Management  
Anxiety  
Assessment  
Attention-Deficit/Hyperactivity Disorder  
BIPOC  
Chronic Illness  
Depression  
Generalized Anxiety Disorder (GAD)  
Health Anxiety  
Intrusive Thoughts  
LGBTQ+  
MDD  
Panic Attacks/Panic Disorder  
Phobias  
Self-Harm  
Sleep Disorders  
Social Anxiety Disorder  
Stress  
Substance Abuse  
Suicidal Ideation  
Trauma

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#### 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.**

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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 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](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>