



Jennifer Welbel

Zip Code: 60062

Zip Postal: 60062

Language: English

Populations Treated: Adolescents/Teens, Adults

Organization: The North Suburban Center for Anxiety

Treatment Options: In Office, Telehealth

Disorders Treated & Specialty: Social Anxiety Disorder, Stress, Trichotillomania, Separation Anxiety, Depression, Anxiety, Body Focused Repetitive Behaviors, Emetophobia, Generalized Anxiety Disorder (GAD), Health Anxiety, Intrusive Thoughts, Misophonia, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Phobias

Treatment Methods: Cognitive Behavioral Therapy (CBT), Cognitive Behavioral Therapy for Insomnia (CBT-I), Exposure Therapy

Payment Options: Accepts Cash and/or Checks, Accepts Credit Cards

Address1: 900 Skokie Boulevard

Website: <https://www.nscenterforanxiety.com/>

City: Northbrook

State/Province: Illinois

Country: United States

Degree: LCPC

Preferred Pronouns: she/her/hers

Email: jwelbel@nscenterforanxiety.com

Office Phone: 224-326-0068

Telehealth: Illinois

Professional focus: Counselor

ABOUT

At the North Suburban Center for Anxiety, we specialize in using cognitive behavior therapy to treat anxiety, OCD, and related disorders. We recognize that anxiety can be overwhelming, scary, and isolating. However, it is also treatable! As cognitive behavior therapists, we provide research-supported and results-oriented treatment. We believe that how individuals think and behave directly affect how they feel. Therefore, we use a compassionate, collaborative, and direct approach to empower clients with the necessary skills to modify their irrational thoughts, confront their maladaptive fears, and decrease their overall anxiety. By the end of treatment, our goal is that clients have learned the essential tools to master their anxiety or OCD and are living a more fulfilling life.

ADDITIONAL INFORMATION

Relevant Experience:

Jennifer Welbel has extensive training and clinical experience in using cognitive behavior therapy and exposure therapies to treat individuals with a range of anxiety and obsessive-compulsive and related disorders. She received advanced training in exposure therapy at the Center for Anxiety and Obsessive Compulsive Disorders at Alexian Brothers Behavioral Health Hospital and completed a postgraduate clinical fellowship with the Cognitive Behavior Therapy program at The Family Institute at Northwestern University. Prior to starting the North Suburban Center for Anxiety, Ms. Welbel was a staff therapist in the Cognitive Behavior Therapy program at The Family Institute. Most recently, she created and supervised the OCD and Complex Anxiety Disorders treatment track at Compass Health Center.

EDUCATION

Northwestern University

2011 - 2013

MA, Counseling Psychology

The University of Michigan

2002 - 2006

BA, Psychology

TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)

Cognitive Behavioral Therapy for Insomnia (CBT-I)

Exposure Therapy

POPULATIONS TREATED

Adolescents/Teens

Adults

DISORDERS AND SPECIALITIES

Anxiety

Body Focused Repetitive Behaviors

Depression

Emetophobia

Generalized Anxiety Disorder (GAD)

Health Anxiety

Intrusive Thoughts

Misophonia

Obsessive Compulsive Disorder (OCD)

Panic Attacks/Panic Disorder

Phobias

Separation Anxiety

Social Anxiety Disorder

Stress

Trichotillomania

PAYMENT OPTIONS

Accepts Cash and/or Checks

Accepts Credit Cards



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>