



Karen Lynn Cassidy

Zip Code: 60015

Zip Postal: 60015-4933

Language: English

Populations Treated: Adolescents/Teens, Adults, Couples, Families, LGBTQI

Organization: The Anxiety Treatment Center of Greater Chicago

Treatment Options: Home Visits, Phone Consultations

Disorders Treated & Specialty: Agoraphobia, Anxiety, Attention-Deficit/Hyperactivity Disorder, Autism Spectrum Disorder, Bipolar Disorder, Body Dysmorphic Disorder, Depression, Eating Disorders, Hoarding, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Posttraumatic Stress Disorder (PTSD), Selective Mutism Disorder, Substance Abuse, Tourette's Syndrome, Trauma, Trichotillomania

Treatment Methods: Cognitive Behavioral Therapy (CBT), Cognitive Behavioral Therapy for Insomnia (CBT-I), Compassion-Focused Therapy, Dialectical Behavioral Therapy (DBT), Exposure Therapy, Intensive Exposure Therapy Protocols, Medication Referral, Mindfulness, Telemental Health, Other

Payment Options: Accepts Some Insurance

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Address2: Ste 310

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

City: Deerfield

State/Providence: Illinois

Country: United States

Home Email: karencassiday@gmail.com

Degree: PhD

Preferred Pronouns: she/her/hers

Email: KLCassiday@anxietytreatmentcenter.com

Office Phone: 8475590001

Telehealth: Alabama, Alaska, Arizona, Arkansas, California, Colorado, Connecticut, Delaware, District of Columbia, Florida, Georgia, Hawaii, Idaho, Illinois, Indiana, Iowa, Kansas, Kentucky, Louisiana, Maine, Maryland, Massachusetts, Michigan, Minnesota, Mississippi, Missouri, Montana, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, New York, North Carolina, North Dakota, Ohio, Oklahoma, Oregon, Pennsylvania, Rhode Island, South Carolina, South Dakota, Tennessee, Texas, Utah, Vermont, Virginia, Washington, West Virginia, Wisconsin, Wyoming

Cell Phone: 8474565426

Professional focus: Psychologist

ABOUT

I, and my staff, enjoy helping you, your child, and your family, to learn how to live your life with confidence and peace of mind. We use the latest scientific treatments to customize intervention that helps you, or your child, overcome your anxiety. We specialize in working with children as young as 2 and teach caretakers how to help prevent future episodes of anxiety by developing resilience. We also specialize in working intensively with clients who have failed to make progress with other treatments or who have given up hope. We also offer ICBT (Inference Based Cognitive Therapy) for those who do not wish to use exposure based therapy. Our ability to work individually in your home or community setting and to craft a customized plan gives you the advantage. We believe that everyone who suffers from anxiety can become their better self, given the right opportunities to learn to thrive. Our willingness to work closely with other professionals gives you the team support you need to overcome your anxiety and live well.

ADDITIONAL INFORMATION

Dr Cassidy also provided IBCT, Inference-based Cognitive Behavioral Therapy for those who have OCD who do not want to do exposure therapy or who have not found exposure with response prevention therapy to be effective.

TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)
Cognitive Behavioral Therapy for Insomnia (CBT-I)
Compassion-Focused Therapy
Dialectical Behavioral Therapy (DBT)
Exposure Therapy
Intensive Exposure Therapy Protocols
Medication Referral
Mindfulness
Telemental Health
Other

POPULATIONS TREATED

Adolescents/Teens
Adults
Couples
Families
LGBTQI

DISORDERS AND SPECIALITIES

Agoraphobia
Anxiety
Attention-Deficit/Hyperactivity Disorder
Autism Spectrum Disorder
Bipolar Disorder
Body Dysmorphic Disorder
Depression
Eating Disorders
Hoarding
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Posttraumatic Stress Disorder (PTSD)
Selective Mutism Disorder
Substance Abuse
Tourette's Syndrome
Trauma
Trichotillomania

PAYMENT OPTIONS

Accepts Some Insurance



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.

For the ADAA mental health professionals, this directory also helps you connect with potential patients. To join the directory, contact membership@adaa.org.

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 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

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>