



Karen Watts

Email

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Zip Code: 60640

Zip Postal: 60640-4579

Language: English

Populations Treated: Adolescents/Teens, Adults, BIPOC, Seniors, LGBTQI

Organization: Light On Anxiety CBT Treatment Center

Treatment Options: In Office, Telehealth

Disorders Treated & Specialty: Trauma, Stress, Depression, Academic Underachievement, Agoraphobia, Anger Management, Anxiety, Attention-Deficit/Hyperactivity Disorder, BIPOC, Emetophobia, Generalized Anxiety Disorder (GAD), Grief, Health Anxiety, Intrusive Thoughts, LGBTQ+, Misophonia, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Posttraumatic Stress Disorder (PTSD), Sleep Disorders, Social Anxiety Disorder

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

Payment Options: Accepts Some Insurance, Accepts Credit Cards, Sliding Scale

Address1: 4619 N Ravenswood Ave

Address2: Ste 304

City: Chicago

State/Province: Illinois

Country: United States

Degree: LPC

Preferred Pronouns: she/her/hers

Email: karenwatts@lightonanxiety.com

Office Phone: (312) 508-3645

Telehealth: Illinois

Professional focus: Counselor

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

POPULATIONS TREATED

Adolescents/Teens

Adults

BIPOC

LGBTQI

Seniors

DISORDERS AND SPECIALITIES

Academic Underachievement

Agoraphobia
Anger Management
Anxiety
Attention-Deficit/Hyperactivity Disorder
BIPOC
Depression
Emetophobia
Generalized Anxiety Disorder (GAD)
Grief
Health Anxiety
Intrusive Thoughts
LGBTQ+
Misophonia
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Posttraumatic Stress Disorder (PTSD)
Sleep Disorders
Social Anxiety Disorder
Stress
Trauma

PAYMENT OPTIONS

Accepts Credit Cards
Accepts Some Insurance
Sliding Scale



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>