



**Karla Miranda**

Zip Code: 60657  
Zip Postal: 60657  
Language: English  
Populations Treated: Adolescents/Teens, Adults, BIPOC, LGBTQI, Children  
Organization: Light On Anxiety CBT Treatment Center  
Treatment Options: Group Therapy, Home Visits, In Office, Telehealth  
Disorders Treated & Specialty: Depression, Anxiety, Bipolar Disorder, Family Conflict, Generalized Anxiety Disorder (GAD), Grief, Intrusive Thoughts, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Posttraumatic Stress Disorder (PTSD), Separation Anxiety, Social Anxiety Disorder, Trauma  
Treatment Methods: Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), Exposure Therapy, Mindfulness  
Payment Options: Accepts Cash and/or Checks, Accepts Some Insurance, Accepts Credit Cards, Sliding Scale  
Address1: 1438 West Belmont Ave  
Website: <https://www.lightonanxiety.com>  
City: Chicago  
State/Province: Illinois  
Degree: LPC  
Preferred Pronouns: she/her/hers  
Email: [karlamiranda@lightonanxiety.com](mailto:karlamiranda@lightonanxiety.com)  
Office Phone: (312) 508-3645  
Telehealth: Illinois

#### ABOUT

Karla is a Certified Light on Anxiety Treatment Specialist, a Licensed Professional Counselor, and National Certified Counselor. She received her Master of Arts in Clinical Mental Health Counseling from Adler University. Karla has clinical experience providing individual and group therapy for clients of all ages with co-occurring conditions using Cognitive Behavioral Therapy (CBT) and other empirically supported treatments. Karla enjoys working with children, adolescents, adults, and parents to provide a collaborative environment to achieve goals.

Karla utilizes her experience to work with individuals from all walks of life with trauma, depression and anxiety. She believes in building a safe, trusting and non-judgmental therapeutic relationship with her clients to help them feel comfortable and positive throughout their treatment journey.

She is committed to helping people lead fulfilling and meaningful lives and would be honored to work with you towards that goal. With her knowledge, she can help people understand the connections between their thoughts, emotions, and behaviors and help them develop skills to manage their moods and improve their overall wellbeing.

#### TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)  
Cognitive Behavioral Therapy (CBT)  
Dialectical Behavioral Therapy (DBT)  
Exposure Therapy  
Mindfulness

#### POPULATIONS TREATED

Adolescents/Teens  
Adults  
BIPOC  
Children  
LGBTQI

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#### DISORDERS AND SPECIALITIES

Anxiety  
Bipolar Disorder  
Depression  
Family Conflict  
Generalized Anxiety Disorder (GAD)  
Grief  
Intrusive Thoughts  
Obsessive Compulsive Disorder (OCD)  
Panic Attacks/Panic Disorder  
Posttraumatic Stress Disorder (PTSD)  
Separation Anxiety  
Social Anxiety Disorder  
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>