



Lauren Cain

Zip Code: 60654

Zip Postal: 60654-3537

Language: English

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

Organization: Light On Anxiety CBT Treatment Centers

Treatment Options: Group Therapy, Home Visits, In Office, Telehealth

Disorders Treated & Specialty: Trauma, Trichotillomania, Suicidal Ideation, Emetophobia, Anxiety, Bipolar Disorder, Body Focused Repetitive Behaviors, Depression, Eating Disorders, Gender Identity, Generalized Anxiety Disorder (GAD), Grief, Health Anxiety, Intrusive Thoughts, LGBTQ+, MDD, Obsessive Compulsive Disorder (OCD), Phobias, Posttraumatic Stress Disorder (PTSD), Separation Anxiety, Social Anxiety Disorder, Stress, Substance Abuse

Treatment Methods: Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), Exposure Therapy, Mindfulness, Other

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

Address1: 311 W Superior St

Address2: Ste 402

Website: <https://lightonanxiety.com/>

City: Chicago

State/Providence: Illinois

Country: United States

Degree: PSYD

Preferred Pronouns: she/her/hers

Email: drlaurencain@lightonanxiety.com

Office Phone: 312-508-3645 ext.14

Telehealth: Illinois

Cell Phone: (312) 508-3645 ext. 14

Professional focus: Psychologist

ABOUT

Dr. Lauren Cain is a Licensed Clinical Psychologist who earned her Doctorate in Clinical Psychology at Adler University in Chicago. She completed her internship and post-doctoral training in a community mental health center, working with clients of all ages, families, and couples. Dr. Cain specializes in substance abuse treatment and is a Certified Alcohol and Drug Counselor (CADC). She is also passionate about navigating gender and sexuality related concerns and uses a trauma-informed approach. Dr. Cain utilizes evidence-based treatment including Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT), and Dialectical Behavior Therapy (DBT) to help individuals build the skills needed to manage anxiety and related symptoms. Using a collaborative approach, Dr. Cain strives to build a trusting therapeutic relationship in order to treat each person based on their specific needs and experiences. She has worked with children, adolescents, and adults who struggle with anxiety disorders, depression, attentional concerns, trauma, and social skills among other concerns. Dr. Cain provides empathy and support to help her clients build confidence and skills to live more fulfilled lives.

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Dialectical Behavioral Therapy (DBT)

Exposure Therapy

Mindfulness

Other

POPULATIONS TREATED

Adolescents/Teens
Adults
BIPOC
Children
LGBTQI
People W/ Disabilities

DISORDERS AND SPECIALITIES

Anxiety
Bipolar Disorder
Body Focused Repetitive Behaviors
Depression
Eating Disorders
Emetophobia
Gender Identity
Generalized Anxiety Disorder (GAD)
Grief
Health Anxiety
Intrusive Thoughts
LGBTQ+
MDD
Obsessive Compulsive Disorder (OCD)
Phobias
Posttraumatic Stress Disorder (PTSD)
Separation Anxiety
Social Anxiety Disorder
Stress
Substance Abuse
Suicidal Ideation
Trauma
Trichotillomania

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.

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>