



## Lauren Tonner

Email

laurentonner@lightonanxiety.com

Zip Code: 60654

Zip Postal: 60654-3537

Language: English

Populations Treated: Adults, Adolescents/Teens

Organization: Light On Anxiety CBT Treatment Center

Treatment Options: Group Therapy, In Office, Telehealth

Disorders Treated & Specialty: Emotional Disturbance, Depression, Generalized Anxiety Disorder (GAD), Health Anxiety, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Posttraumatic Stress Disorder (PTSD), Separation Anxiety, Social Anxiety Disorder, Stress

Treatment Methods: Cognitive Behavioral Therapy (CBT), Exposure Therapy, Mindfulness

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://www.lightonanxiety.com>

City: Chicago

State/Providence: Illinois

Country: United States

Preferred Pronouns: she/her/hers

Email: [laurentonner@lightonanxiety.com](mailto:laurentonner@lightonanxiety.com)

Office Phone: (312) 508-3645

Telehealth: Illinois

Professional focus: Social Worker

### TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)

Exposure Therapy

Mindfulness

### POPULATIONS TREATED

Adolescents/Teens

Adults

### DISORDERS AND SPECIALITIES

Depression

Emotional Disturbance

Generalized Anxiety Disorder (GAD)

Health Anxiety

Obsessive Compulsive Disorder (OCD)

Panic Attacks/Panic Disorder

Posttraumatic Stress Disorder (PTSD)

Separation Anxiety

Social Anxiety Disorder

Stress

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PAYMENT OPTIONS

Accepts Cash and/or Checks

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.

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*For the ADAA mental health professionals, this directory also helps you connect with potential patients. To join the directory, contact [membership@adaa.org](mailto:membership@adaa.org).*

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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 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](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>