



**Madeleine Winter**

Zip Code: 60654

Zip Postal: 60654-3537

Language: English

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

Organization: Light On Anxiety Treatment CBT Treatment Center

Treatment Options: In Office, Telehealth, Group Therapy

Disorders Treated & Specialty: Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, School Refusal, Separation Anxiety, Social Anxiety Disorder, Stress, Agoraphobia, Anxiety, Body Focused Repetitive Behaviors, Chronic Illness, Depression, Gender Identity, Generalized Anxiety Disorder (GAD), Health Anxiety, Hoarding, Intrusive Thoughts, Inference-Based Cognitive Behavioral Therapy (I-CBT), Misophonia, Phobias, Trauma, Tinnitus Distress, LGBTQ+

Treatment Methods: Exposure Therapy, Cognitive Behavioral Therapy (CBT), Compassion-Focused Therapy, Dialectical Behavioral Therapy (DBT), 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

Degree: LCSW, MSW

Preferred Pronouns: she/her/hers

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

Office Phone: (312) 508-3645

Telehealth: Illinois

Professional focus: Social Worker

#### ADDITIONAL INFORMATION

Madeleine is a Licensed Clinical Social Worker who completed her Master's of Social Work at the University of Michigan and her Bachelor's of Social Work at Indiana University. Madeleine has experience working with adults, teenagers and families, and specializes in treating anxiety, OCD, and chronic pain. She also has a background in community outreach and organizing. Madeleine pulls from therapeutic techniques such as Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), Exposure Response Prevention (ERP), Internal Family Systems (IFS), and Pain Reprocessing Therapy. She is a therapist who leads with compassion, and walks with her clients as they work towards accomplishing their goals. Madeleine is passionate about empowering her clients to embrace and accept themselves.

#### TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)

Compassion-Focused Therapy

Dialectical Behavioral Therapy (DBT)

Exposure Therapy

Mindfulness

#### POPULATIONS TREATED

Adolescents/Teens  
Adults  
BIPOC  
Children  
Couples  
Families  
LGBTQI  
People W/ Disabilities

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#### DISORDERS AND SPECIALITIES

Agoraphobia  
Anxiety  
Body Focused Repetitive Behaviors  
Chronic Illness  
Depression  
Gender Identity  
Generalized Anxiety Disorder (GAD)  
Health Anxiety  
Hoarding  
Inference-Based Cognitive Behavioral Therapy (I-CBT)  
Intrusive Thoughts  
LGBTQ+  
Misophonia  
Obsessive Compulsive Disorder (OCD)  
Panic Attacks/Panic Disorder  
Phobias  
School Refusal  
Separation Anxiety  
Social Anxiety Disorder  
Stress  
Tinnitus Distress  
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>