



Meena Dugatkin

Zip Code: 60657

Zip Postal: 60657-2166

Language: English

Populations Treated: Children, Adolescents/Teens, BIPOC, Families, LGBTQI

Organization: Light On Anxiety CBT Treatment Centers

Treatment Options: Home Visits, In Office, Telehealth

Disorders Treated & Specialty: Stress, Suicidal Ideation, Trauma, Trichotillomania, Social Anxiety Disorder, Emetophobia, Attention-Deficit/Hyperactivity Disorder, Autism Spectrum Disorder, Behavioral Issues, BIPOC, Body Dysmorphic Disorder, Body Focused Repetitive Behaviors, Depression, Generalized Anxiety Disorder (GAD), Grief, Health Anxiety, Hoarding, Intrusive Thoughts, LGBTQ+, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Phobias, Posttraumatic Stress Disorder (PTSD), Selective Mutism Disorder, School Refusal, Self-Harm, Separation Anxiety

Treatment Methods: Other, Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Compassion-Focused Therapy, Dialectical Behavioral Therapy (DBT), Exposure Therapy, Telemental Health

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

Address1: 1438 W Belmont Ave

Address2: Ste 1

Website: <http://www.lightonanxiety.com>

City: Chicago

State/Province: Illinois

Country: United States

Degree: PSYD

Preferred Pronouns: she/her/hers

Email: drmeenadugatkin@lightonanxiety.com

Office Phone: 312 508 3645

Telehealth: Illinois

Professional focus: Psychologist

ABOUT

Dr. Meena Dugatkin received her Master's of Clinical Psychology at Murray State University and Doctorate in Clinical Psychology (Child, Adolescent, and Families track) from Spalding University. Before joining Light on Anxiety, Dr. Dugatkin completed her internship and post-doctoral training working with children, adolescents, and families in the community, including home and school-based settings. Dr. Dugatkin has expertise in and a passion for working with the following age groups: Infants and Toddlers (0-3), Preschool (3-5), Middle Childhood (6-8), Preteens (9-12), and Young Teens (12-14). She uses evidence-based treatment of Cognitive Behavioral Therapy (CBT) and Exposure and Response Prevention (ERP) to treat children struggling with anxiety disorders (Generalized Anxiety Disorder, School anxiety/refusal, Social Anxiety Disorder, Separation Anxiety Disorder, Selective Mutism, Specific Phobia, Panic Disorder), Complex Grief, and obsessive-compulsive and related disorders (OCD, Body Dysmorphic Disorder, Trichotillomania/Excoriation Disorders). She also treats children with anxiety who present with ADHD/Executive Functioning, Autism Spectrum Disorder, Adjustment Disorder, PTSD, Oppositional Defiant Disorder, Communication Disorders, Major Depressive Disorder, and Persistent Depressive Disorder. She supports children recovering from grief, divorce, bullying or social exclusion, and racial discrimination/microaggressions. Dr. Dugatkin provides parent coaching and parent-child dyadic therapy to facilitate management of anxiety and comorbid disorders. She integrates Parent-Child Interaction Therapy (PCIT), Supportive Parenting for Anxious Childhood Emotions (SPACE), and Barkley's "Defiant Child" program within treatment. She frequently works with parents to increase understanding of their children's symptoms, manage behavioral problems in the home, respond rather than react, and increase parenting confidence, all with compassion for the struggles parents experience. During parent-child dyadic therapy, Dr. Dugatkin facilitates emotional communication and identifies solutions to conflict to strengthen parent-child attachment and provide both parties with skills to handle stressors. Within CBT/ERP treatment, Dr. Dugatkin seeks to build a positive bond with children and enhance their motivation in treatment by incorporating play, positive reinforcement, and motivational interviewing techniques. She uses a non-judgmental, validating, and collaborative

approach to treat anxiety and related disorders with particular attention to the child's needs for autonomy, relatedness, and competence. She seeks to empathically challenge the children she works with to face their fears and engage fully in their lives. She believes all children possess the courage to reach their goals and is excited and honored to take on the journey towards overcoming anxiety together.

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)
Cognitive Behavioral Therapy (CBT)
Compassion-Focused Therapy
Dialectical Behavioral Therapy (DBT)
Exposure Therapy
Telemental Health
Other

POPULATIONS TREATED

Adolescents/Teens
BIPOC
Children
Families
LGBTQI

DISORDERS AND SPECIALITIES

Attention-Deficit/Hyperactivity Disorder
Autism Spectrum Disorder
Behavioral Issues
BIPOC
Body Dysmorphic Disorder
Body Focused Repetitive Behaviors
Depression
Emetophobia
Generalized Anxiety Disorder (GAD)
Grief
Health Anxiety
Hoarding
Intrusive Thoughts
LGBTQ+
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Phobias
Posttraumatic Stress Disorder (PTSD)
School Refusal
Selective Mutism Disorder
Self-Harm
Separation Anxiety
Social Anxiety Disorder
Stress
Suicidal Ideation
Trauma
Trichotillomania

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.

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>