



Shana Franklin

Zip Code: 60091

Zip Postal: 60091

Language: English

Populations Treated: Children, Adolescents/Teens, Adults

Organization: Light On Anxiety CBT Treatment Center

Treatment Options: Home Visits, In Office, Telehealth

Disorders Treated & Specialty: Trichotillomania, Depression, Anxiety, Body Dysmorphic Disorder, Body Focused Repetitive Behaviors, Generalized Anxiety Disorder (GAD), Intrusive Thoughts, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Phobias, Self-Harm, Social Anxiety Disorder, Stress, Substance Abuse, Tourette's Syndrome

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: 3330 Old Glenview Rd.

Address2: Suite 14

City: Wilmette

State/Province: Illinois

Country: United States

Degree: PhD

Preferred Pronouns: she/her/hers

Email: drshanafranklin@lightonanxiety.com

Telehealth: Illinois

Professional focus: Psychologist

ADDITIONAL INFORMATION

Dr. Franklin completed her undergraduate degree at Harvard where she graduated with honors in Psychology and played four years of Division I basketball. She received advanced doctoral training at the University of Wisconsin-Milwaukee where she graduated with a PhD in Psychology. She specializes in the treatment of anxiety disorders, OCD, and Body Focused Repetitive Behaviors (BFRB).

Dr. Franklin utilizes empirically supported interventions including Cognitive Behavioral Therapy (CBT), Exposure and Response Prevention (ERP), Habit Reversal Training (HRT), Mindfulness, and Dialectical Behavior Therapy (DBT). She provides compassionate care, empathy, and support while tailoring treatment to meet the unique needs of the individual.

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Dialectical Behavioral Therapy (DBT)

Exposure Therapy

Mindfulness

POPULATIONS TREATED

Adolescents/Teens

Adults

Children

DISORDERS AND SPECIALITIES

Anxiety
Body Dysmorphic Disorder
Body Focused Repetitive Behaviors
Depression
Generalized Anxiety Disorder (GAD)
Intrusive Thoughts
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Phobias
Self-Harm
Social Anxiety Disorder
Stress
Substance Abuse
Tourette's Syndrome
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>