



Stephanie Wolken

Zip Code: 60611

Zip Postal: 60611

Language: English

Populations Treated: Adolescents/Teens, Adults, Seniors

Organization: SKW CBT

Treatment Options: Telehealth

Disorders Treated & Specialty: Social Anxiety Disorder, Anxiety, Agoraphobia, Depression, Generalized Anxiety Disorder (GAD), Hoarding, Misophonia, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, School Refusal, Separation Anxiety

Treatment Methods: Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Exposure Therapy, Intensive Exposure Therapy Protocols

Payment Options: Accepts Credit Cards

Address1: 1 East Erie St

Address2: Suite 525-5514

Website: <https://www.skwcbt.com>

City: Chicago

State/Providence: Illinois

Country: United States

Degree: LCSW, LSW, MSW

Preferred Pronouns: she/her/hers

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Telehealth: Illinois

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Professional focus: Social Worker

ABOUT

I am passionate about providing evidence-based treatments including Cognitive Behavioral Therapy (CBT), Exposure & Response Prevention (ERP), and Acceptance & Commitment Therapy (ACT) for older adolescents, young adults and adults with OCD, depression, anxiety and related disorders. Over the past 5+ years, I have deepened my passion for and commitment to providing effective therapy through a personalized and strengths-based approach. I work collaboratively and flexibly with my clients to help develop goals in line with living a more meaningful and values-driven life. I strive to form a supportive therapeutic bond through compassion, warmth, empathy and humor. I received my Masters in Social Work from the University of Chicago School of Social Service Administration, one of the top training institutions in the field of social work. Prior to that, I graduated cum laude from Northwestern University, with a double major in Psychology and Science in Human Culture. I have provided individualized treatment across outpatient and school settings, serving patients of all ages. Additionally, I gained extensive training and experience providing evidence-based treatment across outpatient clinics specializing in OCD, anxiety and related disorders. I am a member of the International OCD Foundation (IOCDF) and the Anxiety and Depression Association of America (ADAA), through which I attend national trainings. I also actively volunteer in the community. I enjoy traveling and trying new restaurants as well as spending quality time with my family, friends, and Sylvester (my toothless, senior rescue dog).

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Exposure Therapy

Intensive Exposure Therapy Protocols

POPULATIONS TREATED

Adolescents/Teens
Adults
Seniors

DISORDERS AND SPECIALITIES

Agoraphobia
Anxiety
Depression
Generalized Anxiety Disorder (GAD)
Hoarding
Misophonia
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
School Refusal
Separation Anxiety
Social Anxiety Disorder

PAYMENT OPTIONS

Accepts Credit Cards



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>