



Alyssa Hakimian

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Zip Code: 60618

Zip Postal: 60618-6113

Language: English

Populations Treated: Adolescents/Teens, Adults, Seniors, Couples, Families, LGBTQI, Children

Organization: AH Wellness & Counseling

Treatment Options: Phone Consultations

Disorders Treated & Specialty: Generalized Anxiety Disorder (GAD), Agoraphobia, Anxiety, Attention-Deficit/Hyperactivity Disorder, Autism Spectrum Disorder, Bipolar Disorder, Depression, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Posttraumatic Stress Disorder (PTSD), Selective Mutism Disorder, School Refusal, Separation Anxiety, Social Anxiety Disorder, Tourette's Syndrome, Trauma, Trichotillomania

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

Payment Options: Accepts Credit Cards, Accepts Some Insurance, Sliding Scale

Address1: 3427 N Seeley Ave

City: Chicago

State/Province: Illinois

Country: United States

Degree: MA

Preferred Pronouns: she/her/hers

Email: alyssa@ah-wellness.com

Office Phone: 3125083704

Telehealth: Illinois

Cell Phone: 4147913488

Professional focus: Counselor

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ABOUT

Alyssa received her Master's in Clinical Mental Health Counseling from Roosevelt University. She completed her internship at Presence Saints Mary & Elizabeth Medical Center, where she performed individual and group therapy for the Adult Intensive Outpatient Program (IOP). Alyssa continued her clinical work at a partial hospitalization and intensive outpatient program, treating children and adolescents with a wide range of behavioral, social and emotional issues. Alyssa believes in creating a collaborative, authentic and empathic relationship with her clients. She has advanced training in both Cognitive Behavioral Therapy (CBT) and Dialectical Behavioral Therapy (DBT). By using techniques such as cognitive restructuring, mindfulness and emotion regulation, Alyssa works with her clients to improve their overall quality of life.

TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)

Dialectical Behavioral Therapy (DBT)

Exposure Therapy

Mindfulness

POPULATIONS TREATED

Adolescents/Teens

Adults
Children
Couples
Families
LGBTQI
Seniors

DISORDERS AND SPECIALITIES

Agoraphobia
Anxiety
Attention-Deficit/Hyperactivity Disorder
Autism Spectrum Disorder
Bipolar Disorder
Depression
Generalized Anxiety Disorder (GAD)
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Posttraumatic Stress Disorder (PTSD)
School Refusal
Selective Mutism Disorder
Separation Anxiety
Social Anxiety Disorder
Tourette's Syndrome
Trauma
Trichotillomania

PAYMENT OPTIONS

Accepts Credit Cards
Accepts Some Insurance
Sliding Scale



ABOUT ANXIETY & DEPRESSION ASSOCIATION

The Anxiety and Depression Association of America (ADAA) developed this **Find Your Therapist Directory** for you to connect with licensed mental health professionals.

Know that you are not alone, and help is available.

ADAA is a nonprofit organization dedicated to the prevention, treatment, and cure of anxiety, depression, OCD, PTSD, and co-occurring disorders through the alignment of science, treatment, and education.

For the ADAA mental health professionals, this directory also helps you connect with millions of potential patients.

To join the directory, contact membership@adaa.org.

If you are in crisis call or text 988 for the Suicide & Crisis Lifeline.

HELPFUL LINKS

ADAA Website

<https://adaa.org/>

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 Newsletter Sign Up

https://adaa.informz.net/adaa/pages/Triumph_Subscribe_page

Get Involved with ADAA

