



## Emily Lapinski

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Zip Code: 60015

Zip Postal: 60015

**Populations Treated:** Adults, Seniors, Adolescents/Teens, Children

**Organization:** Center for Anxiety and OCD

**Treatment Options:** Teletherapy

**Disorders Treated & Specialty:** Trichotillomania, Specific Phobias, Social Anxiety Disorder, Separation Anxiety, School Refusal, Selective Mutism Disorder, Panic Attacks/Panic Disorder, Obsessive Compulsive Disorder (OCD), Generalized Anxiety Disorder (GAD), Depression, Attention-Deficit/Hyperactivity Disorder, Anxiety

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

**Payment Options:** Accepts Credit Cards

**Address1:** 770 Lake Cook Road

**Address2:** Ste 320

**City:** Deerfield

**State/Providence:** Illinois

**Country:** United States

**Degree:** LCSW

**Email:** elapinski@centerforanxietyandocd.com

**Office Phone:** 8476004124

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### TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Exposure Therapy

### POPULATIONS TREATED

Adolescents/Teens

Adults

Children

Seniors

### DISORDERS AND SPECIALITIES

Anxiety

Attention-Deficit/Hyperactivity Disorder

Depression

Generalized Anxiety Disorder (GAD)

Obsessive Compulsive Disorder (OCD)

Panic Attacks/Panic Disorder

School Refusal

Selective Mutism Disorder

Separation Anxiety

Social Anxiety Disorder  
Specific Phobias  
Trichotillomania

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#### PAYMENT OPTIONS

Accepts Credit Cards



#### 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.

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*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](mailto:membership@adaa.org).*

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

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#### 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](https://adaa.informz.net/adaa/pages/Triumph_Subscribe_page)

##### **Get Involved with ADAA**

