



Talia Cohen

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Zip Code: 60610

Zip Postal: 60610-3145

Language: English

Populations Treated: Couples, Adults

Organization: Wildflower Center for Emotional Health, LLC

Disorders Treated & Specialty: Eating Disorders, Agoraphobia, Anxiety, Attention-Deficit/Hyperactivity Disorder, Bipolar Disorder, Depression, Generalized Anxiety Disorder (GAD), Panic Attacks/Panic Disorder, Posttraumatic Stress Disorder (PTSD), Social Anxiety Disorder, Specific Phobias, Trauma, Other

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

Payment Options: Accepts Some Insurance, Accepts Credit Cards

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Degree: LCSW

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Telehealth: Illinois

Professional focus: Social Worker

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TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Compassion-Focused Therapy

Dialectical Behavioral Therapy (DBT)

Exposure Therapy

Mindfulness

POPULATIONS TREATED

Adults

Couples

DISORDERS AND SPECIALITIES

Agoraphobia

Anxiety

Attention-Deficit/Hyperactivity Disorder

Bipolar Disorder

Depression

Eating Disorders
Generalized Anxiety Disorder (GAD)
Panic Attacks/Panic Disorder
Posttraumatic Stress Disorder (PTSD)
Social Anxiety Disorder
Specific Phobias
Trauma
Other

PAYMENT OPTIONS

Accepts Credit Cards
Accepts Some Insurance



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

