



ADINA JOHNSON, LCPC

CHICAGO – S. MICHIGAN AVE | CHICAGO – RAVENSWOOD

Adina Johnson is a Licensed Clinical Professional Counselor who received her Master's degree in Clinical Mental Health Counseling from Loyola University Chicago. Adina has clinical experience working with adults and adolescents with a wide range of presenting issues including grief, trauma, depression, anxiety, addiction, self-esteem, career issues, cultural adjustments, personality disorders, life transitions, and relationship concerns. Adina has training and experience in premarital therapy – focusing on communication, conflict resolution, personality types, family influences, stress, intimacy, and finances. Adina utilizes a variety of theoretical orientations and adapts her treatment style for each client's individual needs. She primarily utilizes Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), and Family Systems Therapy. Adina believes a collaborative and honest therapeutic relationship is the key to successful therapy outcomes.

She utilizes a holistic approach, looking at the client's individual personality traits, environments, relationships, and past experiences to together gain a fuller understanding of the client's current needs and therapeutic goals. As a therapist, Adina provides a genuine, welcoming, and non-judgmental space for clients to process the challenges of every day life.

AREAS OF INTEREST

Career Counseling, CBT, Codependency, Cross-Cultural Issues, Divorce, Family of Origin, Grief and Loss, Men's Issues, Mindfulness, Occupational Issues, Phobias, Premarital Issues, PTSD/Trauma, Relationships, Sexual Abuse, Single's Issues, Social Anxiety, Stress Management, Women's Issues