



CHRISTINA CERK, LCPC, CADC

CHICAGO – LIBERTYVILLE

Christina Cerk is a Licensed Clinical Professional Counselor and a Certified Alcohol and Drug Counselor. Chris earned her Master's Degree in Psychology from Trinity University. She has extensive experience in working with adults, including the elderly population, and adolescents in a multitude of settings.

Prior to joining Urban Balance, Chris spent the majority of her career working with clients that have addictions and/or severe and persistent mental illness. Chris describes her approach to therapy as client centered, and utilizes elements of Motivational Enhancement Therapy and Cognitive Behavioral Therapy to assist clients on their journey towards emotional well-being. Primary areas of interest also include mood disorders, anxiety disorders, relationship issues and life transitions. Chris is also passionate about working with clients that are experiencing cross-cultural issues.

AREAS OF INTEREST

Addiction/Substance Abuse, Bipolar Disorder, Codependency, Cross-Cultural Issues, Domestic Violence, Elder Issues, Family of Origin, Grief and Loss, Mindfulness, Occupational Issues, Pre/Post-Natal Issues, Premarital Issues, Stress Management, Women's Issues