



DARA ALTSHULER, LCPC

CHICAGO – RIVER WEST

Dara's professional interests and clinical experience focus on relationship issues and interpersonal conflict; family and parenting challenges, work-life balance; stress, anxiety and mood management; self-esteem, ADHD, and grief counseling. Dara strives to create a warm environment in which clients feel understood and comfortable exploring issues, while cultivating self-awareness and coping skills as they embark upon the journey to create positive change. Dara works with adults, adolescents, couples and families and uses Cognitive Behavioral Therapy as well as other therapeutic tools to address each client's specific needs. She earned her Masters in Clinical Psychology from The Chicago School of Professional Psychology, and worked and completed her training at Alexian Brothers Center for Mental Health, where in addition to conducting individual therapy, she led and co-led groups including Overcoming Your Anxiety, Victim Versus Survivor Thinking, Safe and Unsafe Relationships, and Meditation.

Prior to becoming a counselor, Dara earned a Masters in International Management at Thunderbird School of Global Management. During her career, she worked in the advertising and marketing fields, cultivating a belief that life's many challenges present the opportunity to improve ourselves and gain more life fulfillment.

AREAS OF INTEREST

ADHD, Anger Management, Anxiety, Attachment Issues, CBT, Children/Parenting, Depression, Divorce, Family of Origin, Grief and Loss, Occupational Issues, Phobias, Pre/post-natal Issues, Premarital Issues, Relationships, Self-esteem, Single's Issues, Social Anxiety, Stress Management, Women's Issues