



JIM MCNAMEE, LCPC

CHICAGO – N. MICHIGAN AVE | CHICAGO – RAVENSWOOD

Jim McNamee is a Licensed Clinical Professional Counselor with a Master's of Education (M.Ed.) in Community Counseling from Loyola University of Chicago. He has over fifteen years of experience working with adults, adolescents, children and families. Prior to joining Urban Balance, Jim has worked in outpatient mental health, school and community based settings, both as a therapist and clinical supervisor. He has helped people of all ages work through trauma, depression and anxiety, as well as major life transitions. Additionally, Jim works with adults within the LGBTQ community and understands the unique challenge this population faces. Having completed training in Family Systems, Cognitive Behavioral Theory and Relational Psychotherapy, he uses an integrated model to best meet the needs of his clients. Jim works collaboratively with clients to determine the best way to assist them, and he believes that the therapeutic relationship is the most important element in promoting change and growth. Clients can expect a warm, accepting environment and the use of humor and mindfulness techniques as a way of improving symptoms and setting a path for psychological wellness.

AREAS OF INTEREST

Anxiety, Attachment Issues, Bipolar Disorder, CBT, Depression, Divorce, Family, Family of Origin, Grief and Loss, LGBTQ+, Men's Issues, Mindfulness, Meditation, Occupational Issues, Phobias, PTSD/Trauma, Self-Esteem, Singles' Issues, Sleep Disorders, Social Anxiety, Stress Management, Transgender Support