



KATIE MCBROOME, LCSW

CHICAGO – N. MICHIGAN AVE | CHICAGO – RAVENSWOOD

Katie McBroome is a Licensed Clinical Social Worker with 10 years of clinical experience working with adult individuals and couples. Katie earned her Masters degree in clinical social work from Loyola University in Chicago. Katie utilizes a client-centered and strengths-based approach, drawing on Solution-Focused and Cognitive-Behavioral techniques. In her sessions, Katie provides a safe and collaborative space to explore a variety of clinical issues, including mood disorders, anxiety, anger, addictions, self-esteem and women's issues. She has extensive experience with bereavement, stress management, crisis counseling, and issues related to work/life balance.

By participating in the counseling process, Katie can help you to develop your strengths, change negative patterns, and build new skills to approach life's challenges with renewed energy and resilience. She works with each individual to develop concrete plans and techniques to meet their unique needs and create meaningful change.

AREAS OF INTEREST

Addiction/Substance Abuse, Anger Management, CBT, Codependency, Cross-Cultural Issues, Divorce, Domestic Violence, Grief and Loss, Impulse Control Disorders, LGBTQ, Mindfulness, Occupational Issues, Phobias, Pre/Post-Natal Issues, Premarital Issues, PTSD/Trauma, Sexual Abuse, Social Anxiety, Stress Management, Terminal Illness, Women's Issues