



KOREN AYRES, LCSW

CHICAGO – N. MICHIGAN AVE

Koren Ayres is a Licensed Clinical Social Worker providing therapy to adults and adolescents. She provides an atmosphere of understanding and respect, and values a holistic and creative approach to therapy. Koren has worked in a variety of settings including community mental health, inpatient/outpatient hospital settings and residential treatment. She received her Master's in Social Work from Loyola University Chicago and a secondary Master's in Psychodynamic Psychotherapy from the Tavistock and Portman NHS Foundation Trust in London, U.K. Koren's international exposure has strengthened her cultural awareness and sensitivity. She enjoys working with diverse clients and has interests in anxiety, depression, trauma, family of origin issues, grief and loss, interpersonal conflict, and career/life transitions.

Koren utilizes an integrative style, applying a variety of approaches including Psychodynamic, Cognitive Behavioral, Strengths based, and Solution Focused Brief Therapy, to best meet the goals and needs of each client. With compassion and empathy, she creates a collaborative, supportive, and safe space.

AREAS OF INTEREST

Anger Management, Anxiety, Attachment Issues, Bipolar Disorder, Borderline Personality Disorder, Caregiver Support, CBT, Cross-Cultural Issues, DBT, Depression, Elder Issues, Family of Origin, Grief and Loss, LGBTQ+, Meditation, Mindfulness, PTSD/Trauma, Relationships, Self-Esteem, Self-Harm, Singles' Issues, Social Anxiety, Stress Management, Weight/Body Issues, Women's Issues