



VERNALYNNE DE LA ROSA, LMFT

CHICAGO – S. MICHIGAN AVE

Vernalynne De La Rosa is a Licensed Marriage and Family Therapist (LMFT) with over 12 years of experience working with adults, adolescents, children, couples and families. Dedicated to providing a safe and supportive environment to help each client increase self-awareness, Vernalynne strives to empower clients to overcome their problems and work toward wholeness and growth. Trilingual in English, Spanish, and Tagalog, Vernalynne provides culturally-sensitive treatment incorporating Client-Centered, Family Systems, Cognitive Behavioral, and other therapeutic modalities to best address the clients' presenting issues.

Vernalynne's clinical specialties include mood disorders and anxiety disorders, dynamics related to emerging adulthood, families with acculturation issues, family of origin concerns, life transitions, and relational issues. Vernalynne earned her Master's degree in Clinical Psychology from Wheaton College and continues to expand her clinical skills to better serve her clients.

AREAS OF INTEREST

ADHD, Anger Management, Anxiety, Attachment Issues, Bipolar Disorder, Career Counseling, Caregiver Support, CBT, Children/Parenting, Chronic Pain, Codependency, Cross-Cultural Issues, Depression, Divorce, Domestic Violence, Elder Issues, Faith/Spirituality/Religion, Family, Family of Origin, Grief and Loss, Infertility/Reproductivity, Meditation, Mindfulness, Occupational Issues, Pre/Post-Natal Issues, Premarital Issues, Process Addictions, PTSD/Trauma, Relationships, Self-Esteem, Sex Therapy, Single's Issues, Social Anxiety, Stress Management, Women's Issues