



JESS HENRY, LPC, CADDC  
TELETHERAPY: ILLINOIS  
IN PERSON: CHICAGO – N. MICHIGAN AVE

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Do you ever look at those people who seem comfortable in their own skin—who really seem to know themselves, have a sense of humor and purpose, feel confident in getting their needs met—and wonder what their secret is? It's probably therapy!

Therapy is truly one of the best ways to assist in developing a healthy relationship with ourselves. A relationship where we are more fully seen, cared for, and supported. When we are able to tackle what life throws at us with that fundamental relationship being a solid one, there is a ripple effect that can reach to the furthest, most unexpected parts of our lives.

Jess comes from a creative professional background, having successfully transitioned careers, which lends her a unique and personal perspective to assist those working towards attaining work/life balance, reducing stress, living creatively, and finding fulfillment. Her style is comforting and supportive, with a focus on developing trust so that the two of you can enter into a co-exploration of who you are and how you want to be in the world. There are many aspects within our lives that can hold us back from being who we want to be and living how we want to live.

The purpose of therapy is to discover what may be holding you back and take on the work of letting it go while simultaneously moving towards what makes you feel whole. Jess's goal for her clients is that they be working towards living their fullest, most vibrant, and authentic lives.

In honoring the diversity that exists among humans and their experiences, Jess utilizes an integrative approach to cater to each client, including existential, relational, and motivational interviewing-based techniques. These frameworks are beneficial to helping her clients gain insight, make connections, and create change for themselves. She works from a perspective of cultural humility, continuing to educate herself about the work of being human under varied and often oppressive conditions and holds a space in therapy that provides deep respect for identity, background, and cultural influence. She is a sex-positive therapist, LGBTQIA+ ally, and believes it can't be repeated often enough that black lives matter.

Jess has passed the necessary requirements, and is working towards her Licensed Professional Counselor certification and Certified Alcohol and Drug Counselor certification in the state of Illinois. She graduated with her Masters in Counseling Psychology from The Chicago School of Professional Psychology with a concentration in substance use disorders.

#### AREAS OF INTEREST

Addiction/Substance Use, Anxiety/Social Anxiety, Attachment Issues, Attention Deficit/Hyperactivity Disorder (ADHD), Body Image/Size, Career/Coaching/Occupation, Codependency, Depression, Existential/Spiritual, Gender Support, Grief/Loss, Guilt/Shame, Identity/Self-Esteem, Marriage/Relationships, Mindfulness/Meditation, Money/Finances/Spending, Mood Disorders, Neglect, Sexuality/Sex Therapy, Singles' Issues, Stress, Trauma, Women's Issues