

# Robert's Journey



Playing in the Illinois High School Association (IHSA) for basketball and Track and Field and placing 8th in the 200-meter dash category for Lockport Township High School (LTHS) marks the beginning of my journey. I earned an undergraduate degree from University of Iowa, an M.A. in teaching from Olivet Nazarene University, and an M.A. in school counseling from Concordia University.

I see therapy as a team effort, and love helping children, adolescents, and families make progress and reach their goals. In therapy, I use Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Client-Centered, and Solution-Focused techniques to serve my clients. I believe the most effective approach to violence prevention integrates the CBT model and Social Emotional Learning (SEL). I further believe that everyone can accomplish great things through counseling, coaching, and support.

## Focus areas:

- Addiction / Substance Abuse
- Behavioral Therapy
- Depression
- Anxiety
- Bullying
- Hyperactive Disorder (ADD / ADHD)
- Autism
- Cultural Diversity Issues

## Clientele seen:

- Children (<12)
- Adults (25-64)
- Families
- Teenagers (13-18)
- Seniors (65+)
- Young Adults (18-24)
- Individuals

Today, I serve as a School Counselor at my alma mater, LTHS, a Clinical/Psychotherapist for LifeStance Health Clinical Services, and SEL and CBT support services for YTS. As a result of my related services, I bring a wealth of experience to coordinate diversity and equity initiatives, support evidence-based teaching and learning strategies, and collaborate with parents, teachers, administration, clinicians, and community members. Most importantly, I remain an active first responder and voice for children and families in need.

When I'm not working, my preferred activity is enjoying fun times with my heartbeats Landon and Layla. Together, we extend our adventures to the rest of our family most weekends.