



Christi McSweeney

Zip Code: 60035
Zip Postal: 60035
Language: English
Populations Treated: Adolescents/Teens, Adults, Seniors, Couples, Families, LGBTQI
Organization: Light On Anxiety
Treatment Options: In Office, Telehealth
Disorders Treated & Specialty: Trauma, Trichotillomania, Suicidal Ideation, Gender Identity, Anger Management, Anxiety, Depression, Divorce, Emetophobia, Family Conflict, Generalized Anxiety Disorder (GAD), Grief, Intrusive Thoughts, LGBTQ+, MDD, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Phobias, Postpartum, Posttraumatic Stress Disorder (PTSD), Social Anxiety Disorder, Stress
Treatment Methods: Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), Exposure Therapy, Mindfulness
Payment Options: Accepts Some Insurance, Accepts Credit Cards, Sliding Scale
Address1: 1160 Park Ave W
Address2: Suite 6E
Website: <https://lightonanxiety.com/staff/christimcsweeney/>
City: Highland Park
State/Province: Illinois
Country: United States
Degree: LCPC
Preferred Pronouns: she/her/hers
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Office Phone: (847) 241-1195
Telehealth: Illinois
Cell Phone: 5136750330
Professional focus: Counselor

ABOUT

Christi is a Certified Light on Anxiety specialist who received her Master's degree in Clinical Mental Health Counseling from Xavier University to support her passion for a vocation in helping people. With a B.A. in Theatre and 300+ hour Yoga Teacher Training, Christi utilizes an eclectic approach to account for client's individual needs and meet you where you are. Christi is also a Certified Sex Therapy Informed Professional. She has experience treating adolescents, adults, and couples in different phases of life as well as a clinical specialty offering counseling to couples.

Christi is trained in evidence-based practices including Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Acceptance and Commitment Therapy (ACT), Motivational Interviewing (MI), and Cognitive Processing Therapy (CPT). No matter what treatment approach is being utilized, Christi believes that clients are the experts of their lives and she will empower you to make choices and improve skills that will increase your satisfaction with life.

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)
Cognitive Behavioral Therapy (CBT)
Dialectical Behavioral Therapy (DBT)
Exposure Therapy
Mindfulness

POPULATIONS TREATED

Adolescents/Teens
Adults
Couples
Families
LGBTQI
Seniors

DISORDERS AND SPECIALITIES

Anger Management
Anxiety
Depression
Divorce
Emetophobia
Family Conflict
Gender Identity
Generalized Anxiety Disorder (GAD)
Grief
Intrusive Thoughts
LGBTQ+
MDD
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Phobias
Postpartum
Posttraumatic Stress Disorder (PTSD)
Social Anxiety Disorder
Stress
Suicidal Ideation
Trauma
Trichotillomania

PAYMENT OPTIONS

Accepts Credit Cards
Accepts Some Insurance
Sliding Scale



ABOUT ANXIETY & DEPRESSION ASSOCIATION (ADAA)

ADAA's Find Your Therapist Directory connects YOU with licensed mental health professionals/counselors, with clinical licenses and who have expertise in anxiety, depression, OCD, PTSD, and co-occurring disorders.

We are increasing the number of mental health professionals listed. We also list ADAA members who work for behavioral health clinics.

If you cannot find a therapist, contact your medical provider, your insurance company, or other lists of licensed mental health professionals.

Please note that US clinicians are not able to see clients outside of the US due to licensing restrictions.

Please note that clinicians in the directory who do not state that they participate in an insurance plan do not take insurance.

Know that you are not alone, and help is available. If you are in crisis call or text 988 for the Suicide & Crisis Lifeline.

For the ADAA mental health professionals, this directory also helps you connect with potential patients. To join the directory, contact membership@adaa.org.

The members in ADAA's Find Your Therapist directory are listed for the sole purpose of helping the public or serving as an ADAA professional member referral.

The emails of the therapists cannot be used to contact them for any reason other than requesting mental health services or for an ADAA professional member to reach out to another member to discuss a possible referral. These emails are not to be used to solicit business or promote any products. ADAA reserves the right to take legal action if solicitations occur.

HELPFUL LINKS

ADAA Website
<https://adaa.org/>

Tips and Questions About How to Chose a Therapist That's Right for You

<https://adaa.org/finding-help/treatment/choosing-therapist>

5 Tips for How to Know If an Anxiety Therapist Is the Right Fit for You

<https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/5-tips-how-know-if-anxiety-therapist-right-fit>

Watch ADAA's Short "What is" Videos on Depression, MDD, PTSD, OCD and Suicide

<https://adaa.org/resources-news/from-adaa-experts/videos>

Mental Health Webinars

<https://adaa.org/resources-news/from-adaa-experts/webinars>

Mental Health Personal Stories

<https://adaa.org/educational-resources/from-our-community/stories-of-triumph>

ADAA Free Newsletter Sign Up

https://adaa.informz.net/adaa/pages/Triumph_Subscribe_page

Join a Free Support Community

<https://adaa.org/find-help/support>

Meet ADAA's Institutional Members

<https://adaa.org/professionals/Institutional-Memberships>

For Therapists: Watch ADAA's Find Your Therapist Video

<https://youtu.be/Eq3zOzbfGoU>