



Christine Dapaah-Afriyie

Zip Code: 60654
Zip Postal: 60654
Language: English
Populations Treated: Adults
Organization: Light On Anxiety Treatment Centers
Treatment Options: Group Therapy, Home Visits, In Office, Telehealth
Disorders Treated & Specialty: Posttraumatic Stress Disorder (PTSD), Anxiety, BIPOC, Depression, Emetophobia, Generalized Anxiety Disorder (GAD), Grief, Health Anxiety, Obsessive Compulsive Disorder (OCD)
Treatment Methods: Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Exposure Therapy
Payment Options: Accepts Some Insurance, Accepts Credit Cards, Accepts Cash and/or Checks, Sliding Scale
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City: Chicago
State/Providence: Illinois
Degree: LPC, MA
Preferred Pronouns: she/her/hers
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Telehealth: Illinois
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ABOUT

Christine is a Certified Light On Anxiety Treatment Specialist. She received her Masters of Arts in Mental Health Counseling and Behavioral Medicine from Chobanian & Avedisian, Boston University School of Medicine. She holds a Bachelors in Sociology from College of the Holy Cross. Christine has advanced clinical training in the biopsychosocial impacts of trauma. Her therapeutic approach utilizes Acceptance and Commitment Therapy (ACT), Dialectical Behavior Therapy (DBT), Cognitive Behavior Therapy (CBT), and Internal Family Systems (IFS). Christine has experience working with kids, adolescents and adults with symptoms associated with all types of anxiety, depression, panic disorder, health anxiety, grief, OCD, maternal/women's issues, school anxiety, phobias, and PTSD. Christine is passionate about building rapport and places a strong emphasis on agency and collaboration between herself and clients. She tailors treatment plans and interventions to meet the unique needs of each client. With her warm presence and eclectic counseling approach, Christine commits to creating a safe and comfortable space for clients to engage collaboratively in their mental health journey.

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)
Cognitive Behavioral Therapy (CBT)
Exposure Therapy

POPULATIONS TREATED

Adults

DISORDERS AND SPECIALITIES

Anxiety
BIPOC
Depression
Emetophobia
Generalized Anxiety Disorder (GAD)
Grief
Health Anxiety
Obsessive Compulsive Disorder (OCD)
Posttraumatic Stress Disorder (PTSD)

PAYMENT OPTIONS

Accepts Cash and/or Checks
Accepts Credit Cards
Accepts Some Insurance
Sliding Scale



ABOUT ANXIETY & DEPRESSION ASSOCIATION (ADAA)

Looking for a Therapist? ADAA Can Help

ADAA's Find Your Therapist Directory is your trusted resource for connecting with licensed mental health professionals who specialize in treating anxiety, depression, OCD, PTSD, and other related disorders. Each provider listed holds a valid clinical license and brings expertise to support your mental wellness journey.

If You're Having Trouble Finding a Therapist

If you don't find a match in our directory, we encourage you to:

- Contact your primary care provider
- Check with your health insurance company
- Explore other reputable directories of licensed mental health professionals

Please Note:

- U.S.-based clinicians cannot see clients who reside outside the United States due to licensing laws.
- Clinicians who do not mention insurance participation in their profile do not accept 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.

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/>

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 Anxiety, Depression, MDD, PTSD, OCD and more!

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

ADAA's Free 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 ADAA Online Peer-to-Peer Support Community

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