



## Debra Kissen

Email

[drdebra@lightonanxiety.com](mailto:drdebra@lightonanxiety.com)

Zip Code: 60657

Zip Postal: 60657-2166

Language: English

Populations Treated: Children, Adolescents/Teens, Adults, Couples, Families, LGBTQI

Organization: Light On Anxiety Treatment Centers

Treatment Options: Group Therapy, In Office, Telehealth

Disorders Treated & Specialty: Trichotillomania, Trauma, Generalized Anxiety Disorder (GAD), Anxiety, Bipolar Disorder, Body Dysmorphic Disorder, Body Focused Repetitive Behaviors, Depression, Emetophobia, Health Anxiety, Hoarding, Intrusive Thoughts, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Phobias, Posttraumatic Stress Disorder (PTSD), Selective Mutism Disorder, School Refusal, Separation Anxiety, Social Anxiety Disorder, Tinnitus Distress, Tourette's Syndrome

Treatment Methods: Telemental Health, Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Cognitive Behavioral Therapy for Insomnia (CBT-I), Dialectical Behavioral Therapy (DBT), Exposure Therapy, Medication Referral, Mindfulness

Payment Options: Accepts Some Insurance, Accepts Credit Cards, Sliding Scale

Address1: 1438 W Belmont Ave

Address2: Ste 1

Website: <https://www.lightonanxiety.com>

City: Chicago

State/Province: Illinois

Country: United States

Degree: PhD

Preferred Pronouns: she/her/hers

Email: [drdebra@lightonanxiety.com](mailto:drdebra@lightonanxiety.com)

Office Phone: (312) 508-3645

Telehealth: Illinois

Professional focus: Psychologist

### ABOUT

Dr. Debra Kissen is CEO of Light On Anxiety Treatment Centers. Dr. Kissen specializes in Cognitive Behavioral Therapy (CBT) for anxiety and related disorders. Dr. Kissen is the Co-Author of [Overcoming Parental Anxiety: Rewire Your Brain to Worry Less and Enjoy Parenting More](#), the [Panic Workbook for Teens](#), [Rewire Your Anxious Brains for Teens: Using CBT, Neuroscience, and Mindfulness to Help You End Anxiety, Panic, and Worry](#) and [Break Free from Intrusive Thoughts: An Evidence-Based Guide for Managing Fear and Finding Peace](#). Dr. Kissen also has a special interest in the principles of mindfulness and their application for anxiety disorders. Dr. Kissen has presented her research on CBT and mindfulness-based treatments for anxiety and related disorders at regional and national conferences. Dr. Kissen is the Co-Chair of the Anxiety and Depression Association of America Public Education Committee. Dr. Kissen was the recipient of the 2020 Gratitude for Giving Spirit Award and the 2018 Anxiety Depression Association of America Member of Distinction Award. Dr. Kissen often serves as a media psychologist and is available for [press inquiries](#) and strives to further the dissemination of empirically supported treatment (EST) information by offering user friendly quotes and simple to understand, practical tips and solutions to help mental health consumers move past stress and anxiety.

### TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Cognitive Behavioral Therapy for Insomnia (CBT-I)

Dialectical Behavioral Therapy (DBT)

Exposure Therapy

Medication Referral  
Mindfulness  
Telemental Health

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#### POPULATIONS TREATED

Adolescents/Teens  
Adults  
Children  
Couples  
Families  
LGBTQI

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#### DISORDERS AND SPECIALITIES

Anxiety  
Bipolar Disorder  
Body Dysmorphic Disorder  
Body Focused Repetitive Behaviors  
Depression  
Emetophobia  
Generalized Anxiety Disorder (GAD)  
Health Anxiety  
Hoarding  
Intrusive Thoughts  
Obsessive Compulsive Disorder (OCD)  
Panic Attacks/Panic Disorder  
Phobias  
Posttraumatic Stress Disorder (PTSD)  
School Refusal  
Selective Mutism Disorder  
Separation Anxiety  
Social Anxiety Disorder  
Tinnitus Distress  
Tourette's Syndrome  
Trauma  
Trichotillomania

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#### 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.

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*For the ADAA mental health professionals, this directory also helps you connect with potential patients. To join the directory, contact [membership@adaa.org](mailto:membership@adaa.org).*

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*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.*

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#### 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](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>