



Pam Katz

Zip Code: 60025
Zip Postal: 60025
Language: English
Populations Treated: Adolescents/Teens, Adults
Organization: Pam Katz Counseling, PLLC
Treatment Options: In Office, Telehealth, Phone Consultations
Disorders Treated & Specialty: Tourette's Syndrome, Trichotillomania, Obsessive Compulsive Disorder (OCD), Anxiety, Attention-Deficit/Hyperactivity Disorder, Body Focused Repetitive Behaviors, Generalized Anxiety Disorder (GAD)
Treatment Methods: Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Exposure Therapy, Telemental Health
Payment Options: Accepts Some Insurance, Accepts Credit Cards, Accepts Cash and/or Checks
Address1: 2111 Chestnut Avenue
Address2: Suite 270
Website: <https://northshorementalwellness.com/>
City: Glenview
State/Province: Illinois
Country: United States
Degree: LCSW, LICSW, MSW
Preferred Pronouns: she/her/hers
Email: pkatz13@gmail.com
Office Phone: 7734253845
Telehealth: Massachusetts, Georgia, Illinois, Nebraska, Ohio, Utah, Vermont, Virginia
Cell Phone: 7734253845
Professional focus: Social Worker

ABOUT

I have been in practice for over 20 years. I work with individuals with OCD, BFRBS, Anxiety, Depression, Tic Disorders, and ADHD. My primary therapy focuses are ACT, I-CBT, CBIT, and HRT.

TREATMENT APPROACH

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

POPULATIONS TREATED

Adolescents/Teens
Adults

DISORDERS AND SPECIALITIES

Anxiety

Attention-Deficit/Hyperactivity Disorder
Body Focused Repetitive Behaviors
Generalized Anxiety Disorder (GAD)
Obsessive Compulsive Disorder (OCD)
Tourette's Syndrome
Trichotillomania

PAYMENT OPTIONS

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



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/>

Tips and Questions About How to Choose 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 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>

Meet ADAA's Institutional Members

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

Therapists: Watch ADAA's Find Your Therapist Video and Join the Directory!

<https://youtu.be/Eq3zOzbfGoU>