



CAITLIN LISCHKA

Licensed Professional Counselor, LPC



Caitlin is a Licensed Professional Counselor (LPC) who has experience with diverse populations and age groups in individual, family, and group settings. Caitlin obtained her master's degree in Clinical Psychology at Benedictine University with a concentration in substance abuse. Caitlin is also a Certified Child and Adolescent Trauma Professional (CATP) with specific knowledge and experience in working with young individuals exposed to adverse childhood experiences. Caitlin's background and experiences have led her to multiple perspectives and a strong passion for the mental health field.

Caitlin has provided counseling and behavioral services in a variety of settings, including in-home services, an elementary school, a mental health facility, an inpatient youth detention center, and a behavioral health hospital. Caitlin's specialties with mental health concerns and diagnoses include mood disorders, personality disorders, self-harm, behavioral issues, addiction, eating disorders, trauma, and anger issues.

Through her knowledge and experiences, Caitlin is able to provide high-quality care using ample evidence-based interventions, such as cognitive behavioral therapy (CBT), dialectical behavioral therapy (DBT), acceptance and commitment therapy (ACT), and play therapy. She strives to provide a soothing, nonjudgmental, and supportive environment for individuals by helping explore and identify one's obstacles.

She guides individuals in learning, practicing, and implementing techniques needed to achieve their goals. Caitlin utilizes one's strengths, interests, values, and abilities to help provide the best outcomes from therapy sessions. Whether an individual is seeking therapy due to life situations or mental health concerns, Caitlin puts great emphasis on creating a safe and trusting space, while tailoring as needed to each individual.