



# NANCY KETAY

## Licensed Clinical Professional Counselor



Nancy Ketay is a Licensed Clinical Professional Counselor (LCPC) and a National Certified Counselor (NCC). She received her Master of Arts degree in Counseling and a Post Master's Certificate in Professional School Counseling from Bradley University in Peoria, IL. She has an undergraduate degree in Psychology from Southern Illinois University Carbondale. Nancy is a member of the American Counseling Association.

Nancy has over ten years of experience working with families, adolescents, and adults both individually, and in family and group sessions. Nancy is passionate about helping people through life's challenges. She focuses on each person's strengths and is warm and accepting. She is an empathic and understanding listener who places the highest priority on maintaining confidentiality and building a relationship of trust with her clients.

Nancy utilizes multiple therapeutic approaches including, but not limited to, Cognitive Behavioral Therapy, Acceptance and Commitment Therapy, and Humanistic and Interpersonal Therapies. Nancy also has experience working with trauma survivors and the Neurosequential Approach to therapy. She advocates the use of play therapy and various forms of Expressive (Art) Therapies. Nancy is an avid reader and film enthusiast, so she often uses Biblio and Cinema Therapies as additional tools to help her clients find value and meaning from the ideas and expressions of others.

Nancy's commitment to each client is **INDIVIDUALIZED TREATMENT**. She believes that each of us has unique needs. She takes into account a person's culture, world view, and life experiences when collaborating with every client to build their best plan of treatment. She strongly believes in the therapeutic process and the value it can add to a person's quality of life.

Nancy enjoys spending time with her family, travel, music, and film. Her hobbies include; yoga, reading and gardening. She and her husband live in the Fox Valley and have five (almost grown) children.