

HILLARY JENNINGS, LMFT, LCPC

THERAPY

Issues and Techniques

I work with adults, adolescents, couples and families dealing with a wide range of issues including:

- Relationship and family problems
- Cultural problems
- Racial or other identity-based trauma
- Anxiety
- Depression
- Life transitions
- Work-life balance

Although I change my technique based on the needs of each client, I generally work from a systemic perspective, which means that I always consider the different relationships that people live and work within--relationships with partners, families, friends, jobs, and culture. I am strength-based, which means that I empower clients to identify and use the strengths they already have to solve their problems. I often combine these perspectives with cognitive-behavioral techniques, mindfulness, and psychoeducation to create the best possible outcomes for my clients. Most important, though, are the strengths and beliefs that my clients bring to therapy, as they are the primary guide to growth and healing.

You can learn a little bit more about what I do as a Marriage and Family Therapist from this video:

**First Session**

Many people feel anxiety about attending their first therapy session. This is a normal reaction to beginning the process of therapy. Here is what you can expect.

After you schedule your first session, you will receive an invitation to set up your personal online portal. You will complete tasks online including setting up your account and reviewing and signing paperwork. At your first session, I will review the paperwork with you and ask you questions about what type of problems you are experiencing. I also like to spend time getting to know you, your likes and dislikes, and your background. During this session, I will help you to feel comfortable with the idea of therapy and set some basic goals. I will also answer any questions regarding my practice, training, procedures, or policies.

Therapy Process

For most people, there is no specific number of sessions. It depends on your needs, your problems, and your desire to change. Just as no two people are alike, no two therapy processes look the same. I approach each client that I work with as an individual and tailor the plan for therapy based on their specific goals.

Fees and Insurance

The fee for those not using insurance is \$140 a session. I also offer a sliding scale for those without insurance and with limited financial resources. Please contact me directly to discuss sliding scale rates. If using insurance, you are responsible for any copays or deductibles.

I am an in-network provider for the following insurance companies:

- BlueCross and BlueShield
- Multiplan/PHCS

Please note that if I am out-of-network for your insurance, you may be able to access out-of-network benefits with your insurance company.

I also offer a sliding scale rate for those without insurance who are committed to supporting the Movement for Black Lives and others working for racial justice: www.healingforactivists.com/cities/wisconsin-illinois/



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