

Listing ID: 2705

Company Name: Starla R. Sholl, LCSW, PC

Description: I provide counseling, psychotherapy, and clinical hypnotherapy. I treat individuals and couples, and have over 20 years experience. I also provide LCSW supervision and consultation to therapists beginning in private practice.

My background is in psychodynamic psychotherapy, which means I believe much of our behavior is rooted in our subconscious. Often the goal of therapy can be to become aware of our patterns and to understand our motivations. Over time I have also come to believe that there is a strong connection between our thoughts, emotions, and our physical body. Understanding how these influence each other can also be an important aspect of healing.

Specialties: Childhood trauma, alternative families, relationship difficulties, and recurrent patterns that inhibit potential. I am interested in aromatherapy and essential oils, and their impact on the mind and body. If clients are interested, the possible benefits of oils can be discussed. Over the past few years, I have worked with more and more clients to use meditation and stress reduction techniques and to add them to their daily lives.

Keywords: chicago psychotherapists, chicago psychotherapy, chicago counselors, chicago counseling, chicago therapy, chicago therapists, chicago couples counselors, chicago relationship therapy, chicago mental health counselors, chicago hypnosis, chicago hypnotherapists, chicago hypnotherapy.

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