



Mary Erickson MA/LPC Licensed Professional Counselor

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I am a Licensed Professional Counselor (LPC). I am passionate about helping people recover from attachment wounds and complex PTSD. I enjoy helping individuals heal from trauma, insecure attachments, adverse childhood experiences (ACEs), childhood emotional neglect, and mother/father wounds. I have experience working with individuals struggling with depression, anxiety, PTSD, and C-PTSD. I combine components of psychotherapy, Dialectical Behavior Therapy (DBT), Cognitive Behavior Therapy (CBT), Internal Family Systems (IFS), Eye Movement Desensitization and Reprocessing (EMDR), and Neurofeedback to help individuals fulfill the goals they have for their life. I provide a nonjudgmental perspective, believing that each individual is doing their very best with the tools they currently have and that all individuals have things they can improve.

Experience/Credentials: I received my Bachelor's degree in Health Arts from the University of St. Francis. After doing ultrasounds at a local hospital for over 20 years, I went back to school to get my Master's degree in Mental Health Clinical Counseling through Judson University. I completed internships at two private practices and completed training in EMDR. I then worked in private practice, focusing on PTSD and complex PTSD, before coming to Behavioral Medicine, P.C.

Behavioral Medicine PC, owned and operated by Cynthia Kindgren MS/LCPC, offers a variety of behavioral and mental health services including pain evaluation/management, grief/loss counseling, EMDR, hypnosis (pain regulation, anxiety, depression, self-esteem), cognitive retraining, couples/marriage counseling, relaxation training, and depression/anxiety counseling. We specialize in treating individuals and their families with Traumatic Brain Injury, Stroke, Multiple Sclerosis, Spinal Cord Injury, Chronic Pain, Depression, Anxiety, PTSD and numerous other medical and emotional conditions.

Please feel free to contact the office at 815-397-2224 with any questions or to schedule an appointment to improve the quality of your life.