



Tara White MSW/LCSW

Licensed Clinical Social Worker

Independent Contract Therapist

Office: Behavioral Medicine, PC
6268 East Riverside Blvd
Loves Park, IL 61111

Email: bmna-tara@comcast.net
Website: www.counselinginrockfordil.com

Phone: 815-397-2224
Fax: 815-397-2225

About Tara:

I am a Licensed Clinical Social Worker (LCSW) with over 12 years of experience in residential, in home, and private practice. I have a passion for working with adolescents and their families. My specialty area of practice is working with individuals living with anxiety and depression, while also recognizing the effects trauma has on personal development. I utilize a variety of therapeutic approaches with the belief that everyone's uniqueness requires an individualized approach to address his or her specific goals. In providing therapy, my goal is to establish a safe, therapeutic relationship with each client. This relationship will foster each client's ability to find their own resiliency to make the desired changes to enhance their life. I recognize change may be uncomfortable, however it is always possible.

Experience/Credentials:

I received my Bachelor of Science in Social Work and Master's in Social Work from Aurora University. I graduated with Honors from Aurora University. My past work experience includes significant time spent with youth and their families as they navigated the juvenile justice system. I assisted these youth in gaining confidence to utilize new skills to manage behaviors and emotions in a pro-social way. Family therapy allows for families to identify boundaries, improve communication and express appreciation for one another. Within private practice, I have worked with adolescents, adults, and seniors in an individual capacity, presenting with an array of challenges they would like to cope with and overcome. I have received specialized training in facilitating Thinking for a Change group therapy, Washington Aggression Interruption Training group therapy, Structured Psychotherapy for Adolescents Responding to Chronic Stress group therapy, and Juvenile Probation Officer Basic Training with an emphasis in motivation interviewing. I have also completed 40 hours of domestic violence training. In addition to working as an Independent Contractor with Behavioral Medicine P.C., I currently provide in-home counseling for seniors and adults with disabilities.

I am excited to offer Neurofeedback to clients who are interested in an innovative treatment using a person's brain waves shown on a screen in real time. The brain training program allows the individual to train their brain to be more efficient and flexible. Neurofeedback improves functioning and/or emotional wellbeing. Neurofeedback has been shown to reduce symptoms associated with ADHD, Anxiety, Depression, Sleep Issues, Brain Injury, Concussion, Stroke, Migraine, Chronic Pain, Autism, Lyme Disease and many other conditions.

Behavioral Medicine PC, owned and operated by Cynthia Kindgren MS/LCPC, offers a variety of behavioral and mental health services including Christian Counseling, Grief/Loss Counseling, EMDR, Cognitive Retraining, Relaxation Training, and Psychotherapy/Counseling. We specialize in treating individuals and their families with **Traumatic Brain Injury, Stroke, Concussion, Headache, ADHD, Chronic Pain, Depression, Anxiety, PTSD** and numerous other medical and emotional conditions.

I look forward to working with you. Please feel free to contact the office at 815-397-2224 with any questions or to schedule an appointment.