Tara White MSW/LCSW Licensed Clinical Social Worker Independent Contract Worker

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I am a Licensed Clinical Social Worker (LCSW) with over 19 years of experience in residential, 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 motivation 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 Masters 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 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 Motivational Interviewing. I have also completed 40 hours of domestic violence training.

I have completed EMDRI approved Eye Movement Desensitization and Reprocessing (EMDR) training. I have been providing EMDR to clients for several years. My experience in working with clients using EMDR to process multiple types of traumas has been incredible. It has allowed me to witness significant psychological and physiological healing that I don't see with traditional talk therapy alone.

Working with clients at Behavioral Medicine P.C., I have 8 years' experience providing Neurofeedback to clients who are interested in an innovative treatment that teaches a person to self-regulate their sleep, mood, and/or behavior. Neurofeedback is a treatment that provides true and lasting change. It goes beyond helping a client cope with their symptoms. I also provide Heart Rate Variability Training (HRV). and Cognitive Retraining. These services are helpful for anyone struggling with trauma, mood, anxiety, sleep, memory loss, attention issues, impulsivity or other cognitive deficits.

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, 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, CPTSD 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.