

porchlight

counseling services

A Program of Center for Law and Social Work

HILLARY WILDT PSYCHOLOGIST, PSYD, LCP



Specialties:

- Trauma
- Complex Trauma
- Relationship difficulties
- Marriage/family therapy
- Grief/mourning

About: Hillary focuses on equipping children, adolescents, adults, couples, and families with the insight, knowledge, tools, and skills to live healthy and balanced lives. Often, her clients already have the personal strengths and relationship skills that they will need to live a healthier life, and her work involves simply helping them uncover and utilize these strengths. She aims to empower clients to advocate for themselves within the contexts in which they live. Hillary strives to provide therapy that is culturally and contextually informed and that integrates psychological research and theory to provide the best and most appropriate care.

Education: Hillary has a doctorate in Clinical Psychology (Psy.D.) from the Illinois School of Professional Psychology.

Hours available for new clients: Tuesday, 8am-6pm, Wednesday 10am-8pm, Thursday 10am-8pm

Insurances accepted: BCBS, Optum/UBH, Cigna.