

QUINCEY F. KYLES, LCSW



Specialties:

- Anxiety
- Depression
- Trauma and PTSD

About: As a Licensed Clinical Social Worker (LCSW), Quincey works with adults, individually or as couples. He uses a bilateral approach, incorporating a Strength-based practice with a focus on the mind/body connection, in particular Mindfulness-based cognitive therapy (MBCT). He assists clients in noticing, when automatic processes are occurring & to alter their reaction to be more of a reflection. He specializes in anxiety and depression, helping clients respond to life's transitions and from past trauma. As a therapist focused on personal growth, Quincey strives to make clients feel that he is part of their extended family. He assists clients in living their best lives, tapping into their fullest potential, and authentically being themselves.

Education: The University of Chicago, School of Social Service Administration (SSA).

Hours available for new clients: Contact Porchlight for more information.

Insurances accepted: BlueCross and BlueShield, Cigna, Magellan, UnitedHealthcare, Out of Network