

## SHAYSA VILLA, MSW, LCSW



*\* Spanish Speaker*

### Specialties:

- Depression
- Anxiety
- Family Conflict

**About:** Shay is a Clinical Social Worker/ Psychotherapist. Shay has long history of working with individuals who have experienced complex trauma while utilizing trauma-informed care. As a therapist, Shay often finds a strong connections with people she works with and creates a space where individuals feel "truly understood". Shay works well with young adults needing to process daily stressors, transitions, and social comparison; along with history of trauma.

**Education:** Shay has a bachelors from Hood College in Spanish Literature and Social Work. A masters from Loyola University of Chicago from Loyola University of Chicago specializing in mental health and migration studies.

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

**Insurances accepted:** Optum/United Health Care