

## JONATHAN SPITZ, PSYCHOLOGIST, PSYD



### Specialties:

- Depression
- Trauma and PTSD
- Anxiety

**About:** Jonathan Spitz is a licensed psychologist. Jonathan works with his clients in a collaborative nature, emphasizing the development of a unique and genuine therapeutic relationship. His aim is to create an environment where clients feel comfortable, safe, and empowered through your work together. Jonathan uses an integrative approach including aspects of cognitive-behavioral, interpersonal, and constructivist therapies. As needed, he also incorporates breathing, relaxation, and mindfulness techniques as a means of furthering the connection between mind and body. Prior to full-time private practice, Jonathan worked for almost a decade in different college/university counseling centers.

**Education:** Jonathan earned a doctoral degree in clinical psychology from The Chicago School of Professional Psychology.

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

**Insurances accepted:** BlueCross and BlueShield, Cigna, MHN, Medicare, Optum, TRICARE, UnitedHealthcare, Out of Network