



GINA SNAVLIN



Specialties:

- Depression
- Anxiety
- Trauma and PTSD,
- Relationship issues

About: Gina Snavlin is a Licensed Clinical Professional Counselor who believes that therapy is a unique and individualized experience, and works closely to help clients identify and create meaningful changes in their personal lives. She utilizes an integrative approach, drawing from cognitive therapy and dialectical behavioral therapy, as well as relaxation and mindfulness techniques. Additionally, Gina has training in EMDR, an innovative therapy used to help treat trauma, depression, and other symptoms. Gina earned her Master's Degree from Roosevelt University. Prior to private practice work, she has worked in both substance abuse and community mental health settings.

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

Education: Roosevelt University

Insurances accepted: Aetna, BCBS PPO/Blue Choice, Cigna, Optum.