



ANASTASIA SCANGAS, LCSW



About: Anastasia utilizes a client centered, empowerment-based approach; she believes that the client is the expert on their life, and, while they may know what they want to work on, she can assist in identifying tools they already have, and developing new tools needed to achieve goals. Anastasia believes in the power of the therapeutic relationship, and understands that there is no “one size fits all” modality. Anastasia’s “objective” as a therapist is to help the client move towards self-actualization through self-discovery and skill development. Anastasia employs ACT, CBT, DBT, and other modalities as determined by the case and the client. When possible, Anastasia brings neurochemical and neurobiological aspects into the therapeutic space, uniting her two areas of specialization. Anastasia is a licensed clinical social worker; she obtained her master of social work degree from Loyola University Chicago in 2016. Anastasia specialized in working with women, POC, and the LGBTQIA community. Prior to entering the field, she obtained her master of science in organic chemistry from Northwestern University, specializing in neuromedicinal chemistry.

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