

JENNIFER F. SMITH, M.A., LCPC, NCC



Specialties:

- Child or Adolescent
- Trauma and PTSD
- Anxiety

About: Chicago native, Licensed Clinical Professional Counselor with experience working with adults, children and families.

Jennifer loves empowering women dealing with a variety of issues from changes in the life stages to improving one's own personal growth. She utilizes a variety of clinical modalities, but highly value Dialectical Behavioral Therapy (DBT) and Mindfulness. Jennifer is the author of various children's books, such as Minesa's Mindful Day and The Feel of Color.

Hours available for new clients: Saturday appointments only.

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