



Getting Started

Which service is right for me?

In-person Counseling:

Provides a rich relationship given the face-face communication with your therapist. Much is said non-verbally and enhances the success of your counseling.

E-based Counseling:

When in-person counseling is not possible due to travel or other limitations, electronic counseling is an excellent alternative which is conducted via live chat, email, telephone or a combination of these three.

Group Therapy:

A cost effective way to receive six to eight 90 minute sessions for less than half the cost of in-person or e-based counseling. Group therapy provides support, insight and skill building for each individual. Each participant fully understands the confidential nature of group therapy and will be required to sign a confidentiality agreement.

Meet your professional Counselors



Dana Steiner M.A., LCPC, BCPC
Phone: 847-668-6290
dana@danasteiner.com
Adults: anxiety, body image, depression, eating disorders, GLBT, parenting issues, vocational counseling, weight loss, women's issues.



James Michehl M.ED.,LPC
Phone: 847-347-(help) 4357
james@danasteiner.com
Children, Adolescence, and Adults: ADD/ADHD, anxiety, behavioral (home/school), coping with divorce, truancy, anger, men's issues, parenting, pre-marital/couples counseling, PTSD, social problems, stress, divorce mediation.

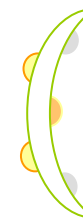


Nutashia Baynes MA, LPC, CST
Phone: 847-596-1806
nutashia@danasteiner.com
Children, Adolescence, and Adults: Sexual identity / therapy, GLBT, sexuality, grief, sexual abuse / domestic violence, veterans issues, PTSD, learning / behavioral problems, couples, juvenile offenders, trauma, woman's issue. HIV, substance abuse.

- Overwhelmed?
- Stressed?
- Depressed?
- Anxious?
- Just not acting like yourself?

Maybe it's time
to see a
professional

DANA STEINER LTD.



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How do I know if I need a counselor?

Sometimes this is obvious— a doctor recommends it, or friends tell you that you aren't acting like yourself. A very common concern expressed by people who are new to therapy is "AM I CRAZY"? We tell them they can't be crazy because they had the strength to contact a professional during their time of need. Crazy is having a problem and just hoping it goes away.

Services we provide:

Counseling for Children

- Art therapy.
- Clay therapy.
- Cognitive behavioral therapy for treatment of ADD/ADHD (we work closely with a child psychiatrist in the area).

Counseling for Adolescents

- Art therapy.
- Clay therapy.
- Cognitive behavioral.
- A variety of talk therapy techniques and Group Therapy.

Counseling for Adults

- Individual.
- Couples-marital; pre and post marital.
- Cognitive Behavioral Therapy.
- Insight oriented therapy.
- Vocational counseling / coaching.

The Next Step...

You have the option of contacting any one of the counselors directly or by calling 847-668-6290 and discussing your situation with Dana Steiner, MA, LCPC. Dana will help guide you in the direction best suited for your situation. All of our counselors provide a free 10 minute phone consultation so that you can get a feel for who they are. At that time we can also discuss insurance and payment options as well.

Groups:

Groups are 6 to 8 weeks in duration, accept up to 8 individual participants or up to 6 couples and are closed groups.

- Parents of teens with substance abuse/behavioral problems
- Divorce group for women
- Parents of children with ADD/ADHD
- Adopted children
- Marriage/couples
- Blended families
- Young adult transition group
- Teen groups
- Substance Abuse (must be actively sober)- a group that can be adjunct or in place of 12-step meetings.
- Families coping with substance abuse
- Women's empowerment group
- Body image/weight loss group

If you are interested in joining one of our upcoming groups, please call the main number and we can provide you with additional information and schedule.

Payment and Insurance

Our practice accepts insurance. As a courtesy to you we bill all insurance companies. Full payment is due at the time of services in the form of cash or check.

For further information, your therapist will be happy to discuss your insurance coverage and what your best options are.

Know the risks involved with using insurance:

Your insurance company will pay for therapy only if your therapist gives you a mental illness diagnosis. Your therapist will discuss the diagnosis with you prior to putting it on any financial statement or permanent record.

Once your therapist submits a diagnosis, they cannot guarantee confidentiality as they don't know where your insurance records will end up or where the paper trail may lead. This diagnosis remains on record indefinitely. It may negatively impact your ability to obtain future benefits

New Federal American and Reinvestment Act 2009

Expansion of individual rights: When patients, according to the new law, pay 100% out of pocket, they can direct their therapists to limit disclosure and specify that information cannot be provided to their health insurer (or others). As psychotherapists we are already required to obtain clients' disclosure in such situations.