



## **Sara Boyd, LPC**

Behavioral Health Clinician

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### **Philosophy of Care**

I view therapy as a collaborative and growth-oriented process. I use a variety of trauma-informed treatments to help clients build skills, and promote healing and wellness.

### **Education and Certification**

Bachelor's degree in Sociology and Spanish;  
Master's degree in Education-Clinical Mental  
Health Counseling at Northern Illinois University.

### **Specialization**

I have worked with adults and adolescents. My professional interests include self harm, eating disorders, and trauma.

### **A little bit about me...**

I enjoy reading, art journaling, and playing with my pet hedgehog.

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