



Katie Mitchell
LCSW, QMHP
Intern Supervisor

Philosophy of Care

I take a client centered approach and try to meet the client where they are at in the process of therapy. Trauma informed care is significant to the recovery process as well.

Education and Certification

Bachelor's degree in Child and Family Studies from Northern Illinois University and a Master's degree in Social Work from Aurora University. ENDR certified. I also have worked with DCFS contracted agencies and within the foster care system.

Specialization

I have training in trauma based relational interventions, adolescent/ young adult transition of life work, school based services and attachment disorders. I am a certified EMDR therapist and a certified Circle of Security Facilitator. I am also an ally for the LGBTQ, and incorporate CBT and DBT into treatment.



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