



Nikki Principato, MS, LCPC

Behavioral Health Clinician

Education and Certification

Master of Science in Psychology in Clinical Community Mental Health and Bachelor of Science in Psychology with a minor in Sociology, both from Western Illinois University.

Specialization

I have worked with individuals from 7 to 90 years old. I have treated anxiety, depression, adjustment disorders, PTSD, conduct disorders, ADHD, bipolar disorders, psychotic disorders, and personality disorders. I provide group services and have led groups focusing on dialectical behavioral therapy, self-esteem, and parent support groups.

My Treatment Philosophy

I take a trauma-informed approach focusing on building the therapeutic relationship. I am technically eclectic in utilizing various approaches and interventions from cognitive behavioral therapy, dialectical behavioral therapy, motivational interviewing, solution-focused, and more in order to meet individual's where they are at emotionally.

A little bit about me...

I enjoy cooking Italian food, reading romance novels, spending time with my family, painting, gardening, volunteering in my community, and doing DIY projects for my home.



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