

# **Jeff Miller, MSW, QMHP**

**Crisis Care Clinician**

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## **Education and Certification**

Bachelor of Arts in Political Science from Northern Illinois University and Masters in Social Work from Aurora University.

## **My Treatment Philosophy**

I think my approach to therapy is mostly person-centered, but I also believe the concept of “core beliefs” from CBT are helpful in identifying patterns of thought which might negatively affect how one navigates life.

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

I enjoy films, reading, and occasionally video games. I like to stay informed about the world around me and if I wasn't working in mental health, I would like to be teaching political science at a university level.

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