



Becky Johanning MS, LPC CADC

Director of Clinical Services

Education and Certification

Bachelor's in psychology from Rockford College; Master's Degree in Community Mental Health and Substance Abuse Counseling from Southern New Hampshire University.

Specialization

I specialize in Dialectical Behavioral therapy (DBT), cognitive behavioral therapy, and person centered therapy. I am also a Certified Alcohol and Drug Counselor (CADC).

Philosophy of Care

I believe in holistic healing that takes into consideration the whole person - physical, emotional, mental, and spiritual. I believe that counseling is a pathway for growth and healing. It is an opportunity for the client to explore his or her own thoughts and feelings in a safe environment. By building a healthy therapeutic relationship, the therapist can guide the client in discovering more about themselves, their patterns of behavior, and their core beliefs. It also provides a setting that encourages the client in establishing new, healthy patterns of behavior.

A little bit about me...

I enjoy reading various books and enjoy listening to music. Most of the time you will find me outside with my dog Winnie either on the bike path or a trail.



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