

Dena Read

Crisis Clinician

Education and Certification

Bachelor of Arts from Illinois Wesleyan University in Environmental Studies, Master of Arts degree in Outdoor Practice from the University of Central Lancashire in the UK, and I am currently working on a Master of Arts in Clinical Mental Health Counseling at The Chicago School of Professional Psychology.

Specialization

Adolescents and Adults in Crisis.

My Treatment Philosophy

My approach to treatment is educational and supportive. My goal is to remain culturally informed and aware, to teach coping skills and provide tools, to refer to additional resources as needed, and to build insight with my clientele. Ultimately, the purpose of treatment is empowerment.

A little bit about me...

In my free time, I love spending time with my two sons (aged four and four months), and watching my two pups (aged six and 1 year) being goofy. You can also catch me at the gym, painting my nails, listening to music, going to the movies, spending time outside, or laughing with my husband.



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