



## **Austin Grimes, BA, MHP**

### **Behavioral Health Clinician**

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#### **Education and Certification**

Bachelor of Arts in Psychology from Northern Illinois University.

#### **My Treatment Philosophy**

My approach is to understand everyone as their own individual self and not just another client. To work with individuals to help them not only set short/long term goals, but to also do my best to help them achieve those goals. My office will always be a safe space, free from judgement, to allow you to express your feelings. I will always be a big advocate for communication by listening to understand, not to just respond.

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

I enjoy being physically active by going to the gym and engaging in various activities outdoors during the fall, spring, and summer months. I'm an avid sports fan for all Chicago sports and the University of Iowa.



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**Dixon office**

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**24-hr Crisis:**

**800-242-7642**

**[www.sinnissippi.org](http://www.sinnissippi.org)**