William Weddle

CST Supervisor

Education and Certification

I am a licensed therapist in Illinois and a National Certified Counselor (NCC). I earned my bachelor's degree in psychology with a minor in sociology from Southern Illinois University at Carbondale in 2016, and a master's degree in clinical mental health counseling from Roosevelt University in Chicago in 2021.

Specialization

My mission is to empower individuals to reach their full potential and to provide the encouragement needed to overcome obstacles. Through community engagement and mentorship, I focus on advocating for mental health and raising awareness of social issues. I believe in personal accountability, emotional responsibility, and approaching all education with humility and respect.

My Treatment Philosophy

I use an eclectic approach to therapy, tailored to each client's needs, drawing on Dialectical Behavior Therapy (DBT), Cognitive Behavioral Therapy (CBT), and person-centered approach. I have experience working with individuals facing emotional dysregulation, depression, PTSD, anxiety, racial identity challenges, self-esteem issues, ADHD, trauma, and family and couples' issues.

A little bit about me

I am native of Rockford, Illinois. Spending time with my family is of the utmost importance, and watching my favorite sports teams, which are the Chicago Cubs, Chicago Bears, and San Antonio Spurs!!!

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