LIFEWORKS

PROVIDER INFORMATION SHEET

ANTHONY SADDY, LCMHC

SHORT BIO

Choosing a therapist is personal, and Anthony understands how important it is to feel heard, respected, and comfortable from the beginning. He offers a calm, welcoming, and nonjudgmental environment where clients can speak openly, gain a clearer understanding of what they are experiencing, and identify realistic steps toward change. Anthony's style is collaborative, compassionate, and practical. He meets clients where they are, without pressure or assumptions, and works at a pace that respects their individual needs and goals. Rather than applying a one-size-fits-all approach, he helps each person recognize existing strengths, build useful skills, and develop greater confidence in handling life's challenges. Anthony is committed to building genuine therapeutic relationships and helping clients create meaningful, lasting improvements in their emotional well-being, relationships, sense of purpose, and overall quality of life.

AGES

- Adolescence
- Adults

MODALITY

- Individuals
- Couples

EVIDENCED BASED FRAMEWORKS

- Brief Therapy (CBT/Solution Focused)
- Cognitive Behavioral Therapy
- Couples & Marriage Therapy
- Interpersonal Therapy
  Life Coaching
- Mindfulness Based Cognitive Therapy
- Family Systems
- Motivational Interviewing
- Solution Focused Therapy
- Strengths Based

CLINICAL LICENSES

Licensed Clinical Mental Health Counselor
(LCMHC)

EDUCATION

Bachelor of Arts in Psychology
~ Concordia University Chicago *cum laude*

Master of Science in Clinical Mental Health Counseling
~ Capella University *summa cum laude*

CLINICAL SPECIALTIES

Assessment, diagnosis, treatment planning, treatment & collaboration of care of DSM-5 disorders, including:

- Addiction
- ADHD
- Anxiety
- Behavioral Issues
- BiPolar Disorder
- Career Issues
- Coping Skills
- Couples Counseling
- Depression
- Grief & Bereavement
- Divorce Issues
- Grief & Bereavement
- Life Coaching
- Life Transitions
- Men's Issues
- PTSD
- Relationships
- Self Esteem
- Stress
- Trauma



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