

## Training & Consultation Topics

- Childhood Abuse & Neglect
- Dissociative Disorders
- Somatic Disorders
- Complex PTSD
- Personality Disorders
- Intimate Partner Violence
- Self-Injury
- Eating Disorders
- Attachment
- Adoption
- Family/Partners of Survivors
- Parenting/Blended Families
- Sex Trafficking
- Torture
- Ritual Abuse
- Vicarious Trauma/Compassion Fatigue
- Transference/Countertransference

*These are just some of the topics we offer.  
Please refer to our website for updated  
information.*

[www.coretherapyassoc.com](http://www.coretherapyassoc.com)



**We can help.**

**Relationship heals.**



email: [info@coretherapyassoc.com](mailto:info@coretherapyassoc.com)

[www.coretherapyassoc.com](http://www.coretherapyassoc.com)

1305 Wiley Road, Suite 125

Schaumburg, IL 60173

phone: 847.240.5080

fax: 847.240.1977



PSYCHOTHERAPY FOR INDIVIDUALS, FAMILIES AND GROUPS

## Treatment of **RELATIONAL TRAUMA**

1305 Wiley Road, Suite 125

Schaumburg, IL 60173

847-240-5080

[info@coretherapyassoc.com](mailto:info@coretherapyassoc.com)

## Trauma-Based Practice

Core Therapy Associates, Ltd. is a group private psychotherapy practice focusing primarily on the treatment of survivors of childhood abuse and neglect, sexual assault, intimate partner violence, sex trafficking and torture. We specialize in the treatment of Complex PTSD, dissociative disorders, somatic disorders, self-injury, eating disorders, mood and anxiety disorders, and substance abuse. Our therapists facilitate various psychotherapy groups for individuals, couples and families. We also conduct seminars for mental health providers in the Chicagoland area.

## Treatment Philosophy

Beginning at the earliest age, it is of human nature to seek relationships. The development of one's core self reflects the influence of these early relationships.

The experience of trauma becomes the source of maladaptive mechanisms which are tools for surviving. These maladaptive mechanisms are manifested through an array of physical, psychological and emotional difficulties. These dynamics perpetuate conflict in obtaining a healthy relationship with one's self and others.

Our treatment philosophy places emphasis on the therapy relationship as a groundwork towards the path of healing. Our therapists facilitate a safe and supportive environment that in turn promotes the development of trust in the relationship. The collaborative effort paves the way towards acknowledging and understanding the impact of trauma on survivors' lives. The empowering and nurturing impact of the therapy relationship is at the core of the healing process.

## Trauma Therapists

Our therapists specialize in the treatment of relational trauma primarily grounded in attachment, relational, and feminist perspectives. They provide a cultural and gender-sensitive practice in working with survivors. Specialized trainings and/or certifications include Complex PTSD, Dissociative Disorders, Sexual Assault, Intimate Partner Violence and Clinical Hypnosis. Our therapists are experienced presenters and offer training and consultation to mental health providers.

## Affiliations

- International Society for the Study of Trauma and Dissociation (ISSTD)
- International Society for Traumatic Stress Studies (ISTSS)
- American Society of Clinical Hypnosis (ASCH)

## Psychotherapy Groups

The following psychotherapy groups are offered to adults and adolescents:

- Women Survivors of Childhood Sexual Abuse
- Men Survivors of Childhood Sexual Abuse
- Women's Sexual Assault Survivors Group
- Trauma and Sexual Intimacy – Men's
- Trauma and Sexual Intimacy – Women's
- Grief Support Group
- Eating Disorders and Body Images – Adolescents
- Eating Disorders and Body Images – Adults
- Divorce Recovery Group

*These are just some of the groups we offer. Please refer to our website for updated information.*

[www.coretherapyassoc.com](http://www.coretherapyassoc.com)



## Specialties

Our practice specializes in providing treatment for children, adolescents and adults experiencing or with a history of:

- Childhood Sexual, Physical, and Emotional Abuse
- Complex PTSD
- Dissociative Disorders
- Somatic Disorders
- Sexual Assault
- Sex Trafficking
- Torture
- Intimate Partner Violence
- Eating Disorders
- Self-Injury
- Substance Abuse & Addictions
- Relationship Problems
- Sexuality Issues
- Anxiety & Depression
- Anger Management
- Parenting Strategies
- Grief & Loss
- Separation / Divorce Concerns
- Adoption Issues

## Treatment Modalities

- Individual Therapy (Children Adolescents, Adults)
- Couples Therapy
- Family Therapy

## Payment

Core Therapy Associates, Ltd. is an "in-network" provider for many insurance companies and provides services for clients through Employee Assistance Program.