



Jim Cosenza

Supportive Counseling and Psychotherapy

Jim Cosenza is a Licensed Clinical Social Worker with a private psychotherapy practice in Chicago's Uptown neighborhood.

Specialties and areas of Expertise

- Substance use
- Mood disorders
- Anxiety disorders
- Health and wellness
- Grief and loss
- Relationships
- LGBTQ Identity
- Transgender clients and their families
- Poly, leather, kink, and blended families

Therapy presents opportunities for growth and healing. Your values will be our guide. In our work together, we will focus on what's important to you and what gives you a sense of purpose in life.

I work to create a safe, comfortable environment, where you're neither judged nor criticized. Sometimes our own internal negative critical voices overwhelm us. Sometimes the criticism of others makes life difficult. Our work together is to create a space where shame and judgment are balanced by respect and dignity.

Clinical Approach

My clinical approach and interventions are informed by the integration of such theoretical frameworks as Cognitive Behavioral Therapy, Strengths Theory, Systems Theory, Feminist Theory, Mindfulness and Acceptance, and Motivational Interviewing.

Availability

Appointments available to meet your busy schedule:

Monday-Thursday 8am-8pm

Fridays 8am-6pm

Saturdays 8am-5pm



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