

# Innovative Counseling Partners

October 2024

◆ Newsletter

## Our Vision

At Innovative Counseling Partners (ICP), our vision is to provide accessible, comprehensive mental health services across multiple locations. We are committed to supporting clients in whatever they may need—whether it's clinical guidance, self-exploration, relationship support, or addressing barriers to mental wellness. Our wide network allows us to serve diverse communities while ensuring that every client can find the care they need close to home. We are proud to have a team of providers who are not only bilingual but also bicultural, ensuring we meet the unique needs of every individual who walks through our doors.

## Our Mission

What sets ICP apart is our integrative, holistic approach to mental health. We don't just focus on symptoms; we approach each client's well-being with mindfulness and a deep understanding of the mind-body connection. This philosophy extends to our commitment to the professional growth of our clinical staff, ensuring that they are supported and equipped to provide the highest quality care. Additionally, our practice owner is deeply committed to making mental health services accessible to all, not just those who can afford private care. We accept a wide range of insurance plans, so everyone can access the support they need.

## Our Locations

Innovative Counseling Partners serves clients across several locations in the Chicago area, including:

- Chicago (Lakeview & South Loop)
- Crystal Lake
- Hinsdale
- Libertyville
- North Riverside
- Oak Park

For more information or to schedule an appointment, call 773-312-3612.

## Meet the Owner



### JENNIFER FROEMEL LCPC

We are a group of mental health psychotherapists that provide outpatient therapy in a truly collaborative manner with other provider types in multiple languages to an insurance friendly population of adults, children, couples and families. We work very closely with pediatricians, pediatric occupational therapists, chiropractors, internal medicine doctors, non-profits agencies, and job training programs.



## OCTOBER ADHD AND DEPRESSION AWARENESS

October is ADHD Awareness Month, and it's the perfect time to educate yourself and others. Whether you're looking to better understand the symptoms, support a loved one, or explore treatment options, we've got the resources you need. Continue to the next page to dive deeper into ADHD awareness and discover how you can make a difference!

2024

### Mindfulness Group

Adult counseling group for managing anxiety and stress. Each session provides a safe space to dive into what it means to be mindful, especially in our modern society.

- Date: Thursday evenings
- Time: 6:00-7:30PM
- Location: 15 Spinning Wheel Rd STE 406, Hinsdale, IL. Room 6
- To sign up call 773-312-3612


2024


### Adolescent Social Skills Group


Our goal for this group is to assist youth in learning the skills to successfully navigate their social environment; as well as strengthening their executive functioning process.


- Date: Thursdays
- Time: 4:30-6:00PM
- Location: 715 Lake St. #273, Oak Park, IL 60301
- To sign up call 773-312-3612


## Stay Connected!

 @innovativecounselingpartners

 Innovative Counseling Partners, PLLC

 Innovative Counseling Partners, PLLC

 773.312.3612

 [innovativecounselingpartners.com](http://innovativecounselingpartners.com)

*Thank you for reading!*

# Newsletter



INNOVATIVE COUNSELING PARTNERS

October 2024

## Raising Awareness for ADHD & Depression

October is recognized as ADHD Awareness Month, a time to shed light on the challenges and realities faced by individuals with Attention-Deficit/Hyperactivity Disorder (ADHD). As we raise awareness, it's important to understand the connection between ADHD and mental health. Research shows that people with ADHD are more likely to experience anxiety, depression, and other emotional challenges. At Innovative Counseling Partners, we are committed to supporting individuals struggling with these conditions by providing compassionate care tailored to their needs.

## Meet our ADHD Specialists



Rob Davies LCSW

As a therapist, I aim to guide and support clients in developing a deeper insight into the circumstances influencing how events in their life have unfolded and in discovering their interests and what motivates them. I also work to build understanding between individuals whose brains work differently and the people in their lives.



Stephanie Yunez LCPC

I work with individuals, families and couples of all genders, races, and ages to help empower themselves to process life's daily challenges, ADHD, anxiety, depression, interpersonal relationship work, trauma, women's issues and LGBTQ issues. I specialize in helping mothers and fathers navigating prenatal/postpartum depression.

## Motivation for Individuals with ADHD

Do you have ADHD? If so, does this scenario sound familiar? You need to cook a meal for friends, a dish you know and they love. But the thought of starting food prep feels like moving a 300-pound couch upstairs. You'd rather do anything else, and distractions become appealing.

### **Inconsistent and Selective ADHD Motivators**

People with this experience inconsistent, selective, and fickle brain motivators. Research shows unconscious emotions influencing behavior. Negative emotions, like fear, become associated with tasks they want to complete, leading to procrastination and distractions. Dopamine, responsible for executive functioning, is inconsistently released and stimulated only by activities of strong interest.

### **Motivators that Propel Action**

Understanding Motivation: Negative emotions and dopamine variations highlight the stark difference between motivating and non-motivating tasks. Pressure can propel action, whether it's taking your child to the playground, meeting deadlines, or making sales. Genuine interest in activities, competition, novelty, and new projects stimulate energy and creativity.

### **Struggles with Certain Tasks**

However, long, monotonous tasks fail to sustain motivation. Individuals with this struggle to remain calm and interested in still activities, like sitting in classrooms or following directions for tasks such as filling out tax forms. Pleasing others and adhering to social etiquette may also be challenging. Understanding the ADHD Complexity It's essential to note that individuals with this don't choose their brain chemistry and motivations. Many are highly conscientious and value performance despite struggling to concentrate, leading to distress.

The Importance of Environmental Factors Yet, individuals with this find it hard to act unless specific environmental factors or genuine interest spark them. Baking cheesecake becomes easier with flowing dopamine, pressure, or true enthusiasm.

-Rob Davies LCSW



*Thank you for reading!*

