

Staff

Erica Drzonek, Practice Manager

Erica completed her undergraduate degree in Psychology and is currently a doctoral student in Clinical Psychology. Erica is largely responsible for managing the business aspects of the practice and coordinating office procedures and protocols.

Jennifer Katele, Office Manager

Jennifer completed her undergraduate degree in Psychology and Criminology and is largely responsible for management of the day-to-day operations of the practice. Jen also is the primary contact for client scheduling and billing concerns. Jen is available in the office most days of the week to be of assistance to you.

Lucia Giuffre, Project Manager

Lou is a previous business owner, who provides support services for many office functions. She works on various projects, assists with client scheduling and billing, and is responsible for maintaining our office resource lists and professional contacts. Lou is typically in the office at least one day a week, to be of assistance to you.

TMS Psychological Services, P.C.

1515 N. Harlem Avenue
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Oak Park, IL 60302

Tel 708.383.3405
Fax 708.383.3406

www.tmspsychologicalservices.com

Coming Soon ~ Summer of 2008
NEW River Forest, IL Location

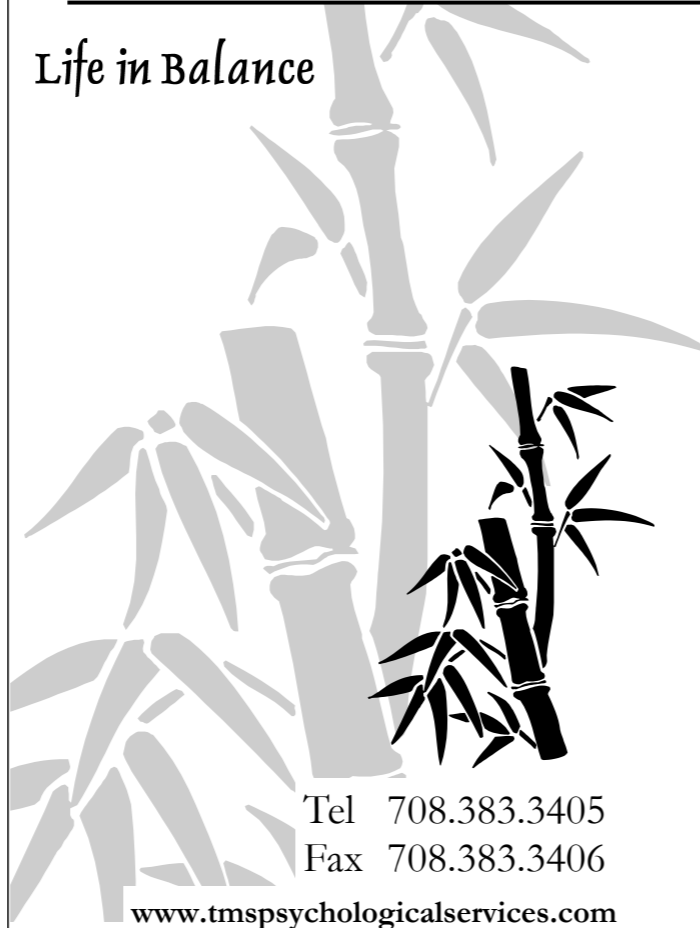


Theresa M. Schultz, Ph.D. & Associates

Life in Balance

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Services

Who are We?

We are a group of people who love the work we do, and truly enjoy working together. We feel it is a privilege to have the opportunity to serve others who are in need of the supports and services we offer. We are individuals, just like you, who at times struggle in making our way in the world. We come from different kinds of families, different life experiences, and different spiritual paths. Yet, we share a commitment to honor the inherent value of each person's life. We believe it is essential for each of us to embrace life fully, with energy and passion, even though—perhaps especially given that—there are aspects of life that we cannot control. Mental health is not achieved in a vacuum; rather, it is dependent upon the health and well-being of the entire person. To that end, we feel it is a fundamental matter of integrity to consider the emotional, physical, and spiritual needs of our clients, in order to provide you with the best and most compassionate service possible.

What is Therapy?

Participation in therapy has the potential to yield many benefits including, but not limited to, gaining insight about oneself, learning effective management and coping strategies, improving interpersonal relationships and resolving the specific concerns that led you to seek therapy. It is common for people to seek therapy to cope with stressful life events. These typically include: challenging circumstances at home, school, or work; transitions following losses or changes in health status; and personal struggles to derive meaning and value in one's life, including such things as the pursuit of deeper, spiritual connections, or closer relationships with cherished others. In general terms, therapy is a unique relationship in which one person enlists the professional assistance of another for the purpose of bringing about changes in her or his own feelings, thoughts, attitudes, and/or behavior, in order to achieve a greater sense of well-being and life satisfaction.

What We Offer

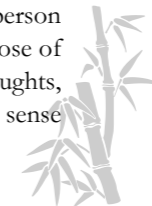
We strive to provide you with the highest level of compassionate service, as a reflection of our commitment to you. Our therapists have a wide array of talents and expertise that they utilize in their therapeutic work. We believe that the task of the therapist is to help the client bring about positive changes in her/his life, and this can be done in a number of ways. For example, different types of therapeutic interventions are used to assist with various concerns and difficulties. We offer therapy that is thoughtfully and creatively designed to address your specific needs, and to help you in planning for and achieving your life goals. To that end, at your request, we work closely with others on your behalf, including family members, school staff, and other professionals, to effectively meet your individual needs.

Specific Therapeutic Services:

- Individual Therapy
- Couples Therapy
- Group Therapy & Therapeutic Play Dates
 - Social Problem-Solving & Relational Skills
 - Play Skills
 - Positive Relating with Peers & Sibs
 - Emotional & Sensory Awareness/Regulation
 - Coping Strategies for AD/HD
 - Skill Development for Development Disabilities
 - Creative Expression
 - Exploration of Spirituality
- Tourette Syndrome (TS) Support Group

Additional Services:

- Parent Support and Training
- Consultative Services
 - In-home educational support for students and parents
 - Individual consultation in school, medical, and community settings
- Educational Seminars & Workshops (e.g., for parents, educators, medical and mental health care professionals, and other community members)
- Referrals to other professionals (e.g., medical, mental health—including assessment services, educational, and legal)
- Resource Lists (e.g., books, websites, organizations, and advocacy groups)
- Charitable work within the community



Therapists

Theresa M. Schultz, Ph.D.

Dr. Schultz is a Licensed Clinical and Developmental Psychologist and the owner of the practice. In her work, Dr. Schultz uses a developmental context, within which she considers relevant intrapsychic, cognitive, behavioral, familial, relational, social, spiritual, and cultural factors that influence one's well-being. Dr. Schultz provides therapeutic services to children, adolescents, adults, and families who seek help coping with a wide range of concerns. These include depression, anxiety (particularly generalized anxiety, social anxiety, and Obsessive Compulsive Disorder), difficulties coping with stressful and/or complex life circumstances, developmental and life cycle transitions, attachment and relationship issues related to adoptive, foster, divorced, and otherwise reconstituted families, and growth-focused work. For children and adolescents, Dr. Schultz also addresses developmental disorders (especially Asperger's Disorder), attention & learning difficulties, and related social and behavioral problems. A particular area of specialty is medical and neurocognitive problems, especially Tourette Syndrome (TS). Dr. Schultz is a Board Member of the Tourette Syndrome Association of Illinois (TSA-IL), sponsors a TS Support Group, and volunteers her time for winter and summer camps for children with TS and related disorders. She also is an Associate Professor in the Department of Behavioral Medicine, Clinical Psychology Doctoral Program, at Midwestern University in Downers Grove, Illinois.

Erin Marek-Krawczyk, Psy.D.

Dr. Marek-Krawczyk earned her professional doctorate (Psy.D.) degree in Clinical Psychology. She is a Developmental Therapist who uses cognitive-behavioral, relational, and family-based interventions in her work with children, adolescents, and families. Areas of specialty include addressing concerns related to acute and chronic medical conditions, attachment and relationship issues, and stresses related to adolescent development (both in individual and group work). Dr. Marek-Krawczyk also addresses concerns related to depression and anxiety, as well as emotional and social adjustment issues as a consequence of stressful life events.

Daniel J. Kelly, Psy.D.

Dr. Kelly earned his professional doctorate (Psy.D.) degree in Clinical Psychology. He uses an integrative approach to therapy, including particular consideration of intrapsychic, developmental, interpersonal, familial, spiritual and cultural factors. Dr. Kelly also places particular importance on family structure and roles in his approach. He works primarily with children and adolescents and their families, and also works with groups and adults. Dr. Kelly specializes in issues related to emotional development and regulation, sensory integration, and developmental disabilities, as well as severe emotional and psychological trauma.



Nora Mariduena, Psy.D.

Dr. Mariduena earned her professional doctorate (Psy.D.) degree in Clinical Psychology. She is fluent in both Spanish and English, and works with a diverse set of clients, particularly adolescents and adults who have experienced significant emotional and psychological trauma and loss. Dr. Mariduena has worked in both emergency care and residential facilities, and targets practical points of intervention at interpersonal, group, and familial levels. To that end, Dr. Mariduena uses a variety of therapeutic techniques in her work with individuals and families, focusing on personal problem-solving, relational factors, and group/family roles and dynamics.

Jennifer Roberts, Psy.D.

Dr. Roberts earned her professional doctorate (Psy.D.) degree in Clinical Psychology. She uses a relational approach in therapy, while integrating concepts of family systems, development, interpersonal, and intrapsychic functioning, motivational learning, and cultural identity. Dr. Roberts works primarily with families, couples, and adults. She has extensive experience working with issues related to anxiety, depression, trauma, abuse, loss, anger and stress management, family discord, and relational difficulties. Dr. Roberts also facilitates groups for adolescents and adults for a wide range of issues (including eating disorders, divorce, and domestic violence).

Melissa Griffith, M.A.

Melissa has an undergraduate degree in Psychology and a Masters degree in Special Education. She has extensive experience creating and directing programs in therapeutic recreation, and working 1:1 with children with developmental disabilities, using specialized behavioral interventions, including Applied Behavioral Analysis (ABA) techniques. Melissa works in conjunction with the therapists in the office to provide creative options for adjunctive therapeutic supports for children, teens, and families. These include in-home or in-office educational consulting and support, behavioral interventions, and facilitation of both skill-building and therapeutic groups, as well as therapeutic play dates.

Helen Jonas, M.A.

Helen completed her M.A. in Clinical Psychology, and has experience working with children, teens, and adults. Currently, Helen assumes primary responsibility for clinical intakes in our office and serves as one of our Co-Facilitators for therapeutic group work, including our Tourette Syndrome (TS) monthly support group. Helen uses a client-centered approach in working with clients who have experienced traumatic injuries and/or are challenged by medical conditions, as well as individuals who experience anxiety or depression related to stressful life events and losses. Helen also currently provides additional as-needed support for office functions.

Policies • Procedures

Fees

We make every effort to keep our fees reasonable to ensure that our services are accessible to you. Therefore, our current fees reflect the mid-range of fees typically charged within the profession for diagnostic, therapeutic, consultative, and related services.

Appointments

We schedule appointments on a weekly, biweekly, monthly, or as-needed basis. Since scheduling of an appointment involves the reservation of time specifically for you/your child, a minimum of 24 hours notice is required for rescheduling or canceling an appointment. If proper notice is not given, the full fee or a portion of the fee will be charged, depending on the circumstances.

Insurance Coverage

As a courtesy to you, our office will assist you with your insurance submissions. This practice is part of the Blue Cross/Blue Shield (BC/BS) PPO Network. If you have a health insurance plan other than BC/BS, it is possible that our services will be covered at "out of network" rates or may not be covered at all. We kindly ask that you contact your insurance carrier to verify your deductible and co-payment responsibilities, as well as the portion or percentage of our fees covered by your specific plan.

Payments and Billing

We appreciate payment in full (of your co-payment or designated session fee) at the time of each visit. Your payment may be made by cash, check, *VISA*, *MasterCard*, or *Discover*. For your convenience, a monthly billing statement reflecting the current status of your account will be mailed to you.

