

Grief Therapy At Goodings Grove Psychology Associates - Therapist, Counseling



Goodings Grove, Illinois Feb 19, 2023 ([Issuewire.com](https://www.issuewire.com)) - Goodings Grove Psychology Associates is proud to announce the addition of grief counseling services to their list of therapeutic offerings in Homer Glen, IL. We provide a safe and comfortable atmosphere where individuals can process and understand the full range of emotions associated with grief-related loss. At Goodings Grove Psychology Associates, we understand that grieving is an individual experience; therefore, our counselors strive to tailor treatment plans according to each client's unique needs while planning [grief therapy sessions](#). We specialize in supporting those who have experienced loss due to death or other life-changing events such as divorce or relocation. Our clinicians are trained to provide trauma-informed care, including evidence-based treatments such as Cognitive Behavioral Therapy (CBT).

Additionally, we provide strength-based approaches that focus on helping individuals recognize their resilience while learning how to navigate difficult circumstances when they arise. "We recognize that many people struggle emotionally during times of transition and sadness" said one of the psychologists of Goodings Grove Psychological Associates. We help people identify coping strategies along with supportive resources so they can find ways forward even after experiencing extremely challenging situations. Our comprehensive approach consists of individualized therapy sessions focusing on processing & understanding personal feelings towards bereavement-related topics, along with offering relevant guidance for further healing steps outside of traditional therapy settings whenever appropriate. Moreover, all potential clients are welcome regardless of age, cultural background, or religion.

Goodings Grove Psychology Associates has been servicing Homer Glen for years and continues its dedication to providing quality mental health services throughout Illinois. The practice also offers additional therapies, including couples & family counseling as well as psychotherapy aimed at children, adolescents & adults suffering from anxiety, depression & much more. For more information, please contact us today!

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