

Lisa Feldmann, LCPC, a Licensed Clinical Professional Counselor in Private Practice

Get to know Licensed Clinical Professional Counselor, Lisa Feldmann, who serves patients in Illinois.



New York City, New York Jun 23, 2023 ([Issuewire.com](https://www.issuewire.com)) - Lisa is a Licensed Clinical Professional

Counselor, providing telehealth services at her private practice in Herrin, Illinois. Years of experience treating individuals with active addiction, she has developed a deep understanding of the patterns that stem from addiction and family dysfunction. Her therapeutic approach aims to address the impact of these patterns on relationships and self-perception, enabling clients to lead healthier, more fulfilling lives.

Academically, she holds a Masters of Art degree in Counselor Education, obtained from Southern Illinois University with a specialization in Substance Abuse. While her expertise lies in addiction therapy, she has expanded her areas of specialization to include family and relationship dynamics. She recognizes the significant role that these dynamics play in shaping our lives and how they can influence the development of self-defeating patterns.

By delving into these complex dynamics, Lisa helps her clients understand and heal the self-defeating life patterns that stemmed from survival skills learned earlier in life. Her therapeutic approach is empathetic, compassionate, and is highly influenced by the life changing magic of the 12 Steps. She believes in creating a safe and nonjudgmental space where clients can openly express their concerns, hopes, and goals. By building a strong therapeutic alliance, she helps clients identify their strengths and challenges - essential for facilitating personal growth and positive change.

To collaborate with clients seeking effective life changes, she utilizes evidence-based practices and strategies to support her clients in their recovery journey. She utilizes a combination of therapeutic modalities, drawing from cognitive-behavioral therapy (CBT), dialectical behavior therapy (DBT), and other effective approaches. Her goal is to equip her clients with the tools and skills they need to overcome addiction, navigate family and relationship dynamics, and break free from self-defeating patterns.

A licensed clinical professional counselor (LCPC) is a professional who has been qualified to provide psychotherapy and other counseling services. LCPCs, like Lisa, are trained to work with individuals, families, and groups to treat mental, behavioral, and emotional problems and disorders.

On a more personal note, her favorite place to vacation is The Dominican Republic. In her free time, she enjoys swimming, knitting, hiking, growing plants, sewing, and design.

Learn More about Lisa Feldmann:

Lisa is currently accepting new clients. She is licensed in Illinois and accepts most insurances.

Starting July 1, 2023, she will be accepting AETNA, CIGNA, and OPTUM at <https://helloalma.com/how-it-works/>.

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Through her findatopdoc profile,

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Media Contact

Your Health Contact

clientservice@yourhealthcontact.com

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