

**LINDA NISONOFF, Ph.D.**  
**LICENSED CLINICAL PSYCHOLOGIST**  
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**Dr. Nisonoff is an in-network provider for**  
**Blue Cross Blue Shield PPO**  
**Value Options Provider**



**Contact us at**  
**(630) 355-5514**



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**C O U N S E L I N G   F O R   W O M E N**

**Linda Nisonoff, Ph.D.**  
**Clinical Psychologist**



## PERSONAL GROWTH &amp;

Professional help for personal problems.



*"You are the only person alive who has sole custody of your life. Not just the life of your mind, but the life of your heart."*

— Anna Quindlen

## HELPING YOU TAKE POSITIVE

## YOUR EMOTIONAL NEEDS

Today's woman recognizes the importance of staying healthy, both physically and emotionally. Women's mental health concerns span a variety of areas, and often have a direct impact on their physical health. Many of these concerns differ from those of men, and deserve a unique approach to their treatment.



## COUNSELING FOR WOMEN

Linda Nisonoff, Ph.D. has worked with women in psychotherapy for more than 20 years. She recognizes the unique concerns that women have and offers an approach tailored to their needs.

The areas she treats include:

- **Depression**
- **Worry and anxiety**
- **Marital distress**
- **Sexual difficulties**
- **Infertility**
- **PMS**
- **Menopause and Perimenopause**

If you are struggling with one or more of these concerns and want more information, please contact Linda Nisonoff at

**(630) 355-5514**

E-mail: [linda.counseling123@gmail.com](mailto:linda.counseling123@gmail.com)

## STEPS TOWARD CHANGE

## LIFE CHALLENGES

Women often face many challenges in their daily lives. They are making choices that are rewarding but also can be highly stressful. It can be hard to strike a good balance between home, career, and one's personal life.

## DEPRESSION &amp; ANXIETY

Many women find that anxiety and depressive symptoms are interfering with their happiness and sense of wellbeing. They have tried to handle things on their own, but have reached an impasse. This is where counseling helps.

## THE HORMONE FACTOR

There's clearly a relationship between hormones and a woman's mood and outlook. Menopause, infertility treatment, PMS, and other conditions affect body AND mood. Dr. Nisonoff recognizes and respects this.

## GETTING STARTED

It's sometimes hard to take the first step towards entering therapy. Linda Nisonoff is a supportive listener and sensitive to your unique situation. You can discuss your concerns in a confidential, safe environment. She is an in-network provider for various insurance companies (see reverse).

*"The journey of a thousand miles begins with a single step."*

—Lao Tse

## CREDENTIALS

Linda Nisonoff earned her B.A. at the University of Michigan and received her Ph.D. from the State University of New York at Stony Brook in 1980. She has had a private practice in Naperville, Illinois for over 20 years.

## Linda Nisonoff, Ph.D.



**Call us today at (630) 355-5514**