

## Drug and Alcohol Counseling

When struggling with a drug or alcohol addiction, sobriety can be difficult to achieve. Our certified alcohol and drug counselors deliver effective counseling using best practices and evidence based interventions to assist you and/or your loved one achieve sobriety.

- Alcoholism
- Cocaine
- Dual Diagnosis
- Opioids
- Marijuana
- Prescription Drugs

## Health Psychology

Our clinicians provide evidence based interventions to help you cope with medical illnesses that impact your quality of life and emotional functioning.

- Chronic Pain Management
- Coping with Cancer
- Coping with Genetic Disorders
- Stress Reduction
- Weight Loss

# Sanders & ASSOCIATES

Provides quality mental health services in a safe,  
nurturing and confidential environment.

We conveniently offer day, evening  
and weekend hour appointments.

To schedule at appointment for an  
evaluation or counseling, please call  
708-223-8405 or email us at:  
Tiffany@drtiffansanders.com

All phone calls or emails will be re-  
turned within 24 hours.

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### 3 Locations to Serve You!

111 W. Jackson St. Suite 1700  
Chicago, IL 60604

2021 Midwest Rd Suite 100C  
Oak Brook, IL 60523

1240 Iroquois Ave. Suite 404  
Naperville, IL 60563

P. 708-223-8405 F. 708-223-0197

Visit us on the web at:  
[www.driffansanders.com](http://www.driffansanders.com)

# Sanders & ASSOCIATES

Provides quality mental health services in a safe,  
nurturing and confidential environment.



Are you feeling sad, unmotivated and  
lonely?

Are you easily upset, irritated or an-  
gered?

Are you struggling to concentrate and  
focus on your work?

### Let Sanders & Associates help you!

Our experienced, compassionate clini-  
cians are willing to assist you, and we  
look forward to the opportunity to  
work with you.

Contact us today at 708-223-8405

# Neuropsychological Evaluations

The benefits of an evaluation are to make sense of a problem, clarify diagnoses, inform treatment and provide strategies to improve functioning at work, home or school

Our expertise areas are:

- ✓ Dementia
- ✓ Bariatric Surgery
- ✓ Spinal Cord Stimulator Surgery
- ✓ Mood Disorders
- ✓ Anxiety Disorders
- ✓ Learning Disabilities
- ✓ Oppositional Defiant Disorders
- ✓ Autism Spectrum Disorder
- ✓ Executive Function Disorders
- ✓ Attention Deficit Hyperactivity Disorder
- ✓ Accommodations for College Exams

A detailed patient-friendly report summarizing the results is provided. Additionally, at a parent's request, we also attend school consultation meetings to present the results.

# Behavioral Interventions

We develop behavioral intervention plans designed to reinforce compliance and promote positive, pro-social behaviors in your child both at home and school.

*"I just had to tell you that I'm confident that I made the right choice about sending my son to see you for counseling. Thanks for your help!"*

*- JB - Client*

# School Consultation Advocacy

Our clinicians routinely consult with school officials and teachers to ensure the child receives the best educational and behavioral supports. Our expertise areas are:

- ✓ Response To Intervention (RTI)
- ✓ Special education laws & strategies
- ✓ Intensive case management for clients with an Individual Education Plan (IEP) and 504 Plan
- ✓ Attendance at Problem Solving or Child Study Team Meetings
- ✓ Post-secondary planning & selection
- ✓ Support and planning for private therapeutic day placements



# Counseling Services

We use empirically based therapeutic strategies that are tailored to each client's specific needs. Concerns we address include, but are not limited to:

- ✓ Addiction
- ✓ Anxiety
- ✓ Depression
- ✓ Family Conflict
- ✓ Bipolar Disorder
- ✓ Anger Management
- ✓ Self-Esteem Building
- ✓ Social Skills Training
- ✓ Behavior Management
- ✓ Hyperactivity/Impulsivity

# Family Therapy

- ✓ Identify conflict, issues and barriers both underlying and obvious, which can contribute to the end of relationship and marriages
- ✓ Facilitate healthy communication
- ✓ Improve marriages and families
- ✓ Rebuild broken bonds & foster trust