

Check On Your Mental Health

We are a private practice owned by Karen Butler-Cook, M.A., a licensed clinical professional counselor in the State of Illinois. Our practice includes licensed clinical professional counselors, licensed professional counselors and Master's degree clinical interns. We also provide referrals for psychological / neuropsychological testing and medication management.



Get In Touch

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@Facebook- The Therapy Center

<https://thetherapy-center.com>

your
mental
health
matters

The Therapy Center

"The curious paradox is that when I accept myself just as I am, then I can change." - Carl Rogers



Our Services

- Eating Disorders
- Anger Management
- Men's Issues
- Women's Issues
- Life Coaching
- College Transition
- Substance Abuse
- Recovery Academic Counseling
- Divorce and Life Transitions
- Anxiety
- Depression
- Attention Deficit/Hyperactivity Disorder
- Personality Disorders
- Fertility Mental Health Counseling



About Us

- Individual Therapy
- Couples Counseling
- Family Counseling
- Cognitive Behavioral Therapy
- Child & Adolescent Counseling
- Counseling Groups



Our Mission

Mental health is just as important as physical health. It affects how we think, feel, and act. Taking care of our mental health is essential for overall well-being.



“Your present circumstances don’t determine where you go, they merely determine where you start.”

-Nido Ruben

