



## **Jackie Zakarija MA/LPC**

### **Licensed Professional Counselor**

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My passion is to help you through the process of self-discovery and empowerment with compassion and encouragement by providing you with the tools you need to create the life you truly want. My integrative approach to therapy honors the individuality of each person. The human experience varies based on each person's history and one of my main goals is to meet you where you are. I want to walk with you on your healing journey. My experience of working with individuals with various traumas is what motivates me. I believe that being a part of someone's healing is truly an honor.

I have a Master's degree in Arts majoring in Clinical Mental Health Counseling from Judson University. I have numerous hours of continuing education beyond my degree with a focus on trauma. I have completed EMDRIA approved Eye Movement Desensitization and Reprocessing (EMDR) training. I have Hospice Palliative Care Training and work experience. I also hold certification as a Sexual Assault Advocate through Rockford Sexual Assault. No matter what age or type of trauma you have endured, I am here to use my training and experience to help you heal.

I hold a deep belief in hope and possibility for healing for all. Combining my compassion, experience and the science behind Eye Movement Desensitization and Reprocessing (EMDR), Neurofeedback (NFB), Heart Rate Variability (HRV), Internal Family Systems (IFS), Cognitive Retraining, Mindfulness and other evidenced modalities I believe we can find a combination of treatments that is right for you.

My position at Behavioral Medicine P.C. allows me to utilize my trauma and grief experience with the technology to teach self-regulation to people who have experienced trauma and grief as well as reduce the symptoms associated with headache, ADHD, Concussion, TBI, MS, Stroke and any person struggling to regulate their sleep, cognition, mood or behavior. I am available to treat individuals, couples and families.

Behavioral Medicine PC, owned and operated by Cynthia Kindgren MS/LCPC, offers a variety of behavioral and mental health services including pain evaluation/management, grief/loss counseling, EMDR, hypnosis (pain regulation, anxiety, depression, self-esteem), cognitive retraining, couples/marriage counseling, relaxation training, and depression/anxiety counseling. We specialize in treating individuals and their families with Traumatic Brain Injury, Stroke, Multiple Sclerosis, Spinal Cord Injury, Chronic Pain, Depression, Anxiety, PTSD and numerous other medical and emotional conditions.

Please feel free to contact the office at 815-397-2224 with any questions or to schedule an appointment.