

Services Overview

Free telephone consult with new patients

Individual and family therapy

In-network with United, Cigna, and Blue Cross/Blue Shield

Consultation with schools & other providers

IEP consultation

Provide thorough recommendations for additional services, home interventions, and educational resources



Contact Information

Telephone: (312) 870-0120

Fax: (312) 819-2080

Email: drnatalia.psyd@gmail.com

Office Location

666 Dundee Road

St 704

Northbrook, IL 60062

Find me online!

<http://drnataliakaczmarek.com>

@_doctor_k on Instagram



Dr. Natalia Kaczmarek



Licensed Clinical Psychologist

Children, Teens & Young Adults

(312) 870-0120



I received my doctoral degree in clinical psychology from Adler University, which is accredited by the American Psychological Association (APA). My training has greatly focused on helping children ages 4-18 in a variety of outpatient settings. I maintain professional memberships with the Illinois Psychological Association (IPA) and the North American Society of Adlerian Psychology (NASAP), which allows me to stay informed on relevant psychological movements and research.

As a clinician, I implement evidence-based interventions to alleviate immediate symptoms and create long-lasting change. It is important for me to build a good relationship with my clients and collateral providers. I primarily conceptualize through an Adlerian perspective. This perspective looks at the purpose of behaviors/symptoms, highlights underlying cognitive processes, and encourages people to feel connected and successful.

Clinical Specialties:

- ADHD
- Social skills issues
- Copings skills issues
- Anxiety & Stress management
- Adjustment issues
- Depression
- Behavioral issues & Defiance
- Trauma
- High functioning autism

Children (4-11)

Approach: Skills-based therapy including non-directive play therapy, skill building activities, social skills curriculums, parent training, collaboration with schools.

Pre/Adolescents (12-17)

Approach: Primarily a cognitive and relational approach using Adlerian and Cognitive Behavioral Therapy. May use some art and play therapy techniques along with psychoeducational activities. Collaboration with parents and schools when necessary.

Adults (18-40)

Approach: A relational and cognitive approach using Adlerian, Cognitive Behavioral therapy and, mindfulness-based experiential exercises

Parents & Families

When working with children, it is typically necessary to work with parents at some capacity. The degree to which they are involved is assessed on a case-by-case basis depending on the need. Family therapy can also be a supplemental treatment to individual work.



Positive Discipline

I am a certified Positive Discipline parent educator. This parenting approach helps teach parents how to encourage their children to develop adaptive life and social skills. This approach attempts to foster values of responsibility, mutual respect, and resourcefulness in all families.

