

November, 2008

Personal Growth is pleased to announce a new addition to our practice:

Jonathan Katz, Psy.D., LCPC

Schaumburg location

Psychotherapy for Individuals and Couples

Corporate Training and Consultation

Jon holds a Doctorate in Clinical Psychology from the Illinois School of Professional Psychology, and has been working in the mental health field for over 14 years. He believes in an integrative approach, incorporating mind, body, spirit, and emotion. Jon has found this process to be a powerful agent of change and healing for those coping with a variety of life's challenges—including depression, anxiety, grief, and trauma. This approach also works amazingly well for overcoming blocks and enhancing performance in a variety of settings— artistic, professional, and personal. By providing an environment of support, empathy, and honesty, along with proven therapeutic techniques—Jon's goal is to help his clients find their own inherent ability to heal and to change.