


ANTHONY SADDY

| SHORT BIO | EDUCATION | |
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| <p>Anthony is a behavioral and mental health specialist with expertise in treating: mental health, substance abuse, and co-occurring disorders along with providing resources to in-need clientele. Anthony has experience working in integrated behavioral health settings, working within treatment teams, collaborating with other medical professionals to deliver the most effective patient care. Anthony is well-versed in treating a range of DSM-5 disorders including: PTSD, anxiety and depressive disorders, personality disorders, mood disorders, substance use disorders, and co-occurring disorders. As a Clinical Mental Health Therapist, Anthony excels in <i>enhancing human well-being, helping others to operate in meaning/purpose, creating/cultivating a high quality in life while being a voice and advocate for the voiceless, for those who may be vulnerable, oppressed, and living in poverty.</i> Anthony is highly dedicated to his practice with patients, evolving, working towards total wellness/harmony.</p> | <p>Bachelor of Arts in Psychology ~ Concordia University Chicago <i>cum laude</i></p> <p>Master of Science in Clinical Mental Health Counseling ~ Capella University <i>summa cum laude</i></p> | |
| | CLINICAL SPECIALTIES | |
| | <p>Assessment, diagnosis, treatment planning, treatment & collaboration of care of DSM-5 disorders, including:</p> <ul style="list-style-type: none"> • Addiction • ADHD • Anxiety • Behavioral Issues • Bipolar Disorder • Coping Skills • Depression • Grief • Men's Issues • Mood Disorders • Relationships • Self Esteem • Stress • Trauma/ PTSD | |
| | AGES | MODALITY |
| <ul style="list-style-type: none"> • Adolescence • Adulthood • Individuals • Families | | |
| EVIDENCED BASED FRAMEWORKS | | |
| <ul style="list-style-type: none"> • Brief Therapy (CBT/Solution Focused) • Cognitive Behavioral Therapy • Existentialist Therapy • Humanistic Approach • Mindfulness Based Cognitive Therapy • Person Centered • Positive Psychology • Solution Focused Therapy • Integrative Therapy <div style="text-align: center; margin-top: 20px;">  </div> | | |