

CLINICIAN INFORMATION SHEET

ANTHONY SADDY

SHORT BIO

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 cooccurring disorders. As a Clinical Mental Health Therapist, Anthony excels in 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. Anthony is highly dedicated to his practice with patients, evolving, working towards total wellness/harmony.

EDUCATION

Bachelor of Arts in Psychology

~ Concordia University Chicago cum laude

Master of Science in Clinical Mental Health Counseling

~ Capella University summa cum laude

CLINICAL SPECIALTIES

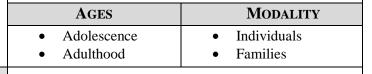
Assessment, diagnosis, treatment planning, treatment & collaboration of care of DSM-5 disorders, including:

- Addiction
- ADHD
- Anxiety
- Behavioral Issues
- Bipolar Disorder
- Coping Skills
- Depression
- Grief

- Men's Issues
- Mood Disorders
- Relationships
- Self Esteem
- Stress
- Trauma/ PTSD

EVIDENCED BASED FRAMEWORKS

- 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





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