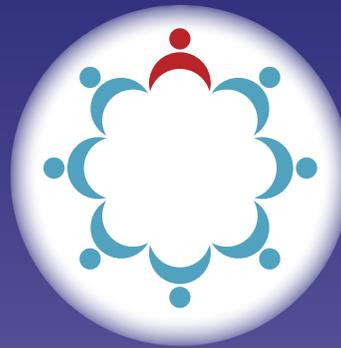


The Portrait Health Way Our Philosophy

Portrait Health Centers are multi-specialty clinics that employ the most cutting-edge and proven assessment protocols and treatment options available, believing that an **Effective Treatment Depends On An Accurate Diagnosis**. Individuals should not have to “play doctor” by researching available treatments and then self selecting which of these treatments has been scientifically validated and would be most appropriate for themselves or their family. At Portrait Health Centers, we provide a comprehensive and multi-specialty assessment to determine the underlying causes of your symptoms and incorporate an appropriate treatment plan.



Portrait Health Centers

Vernon Hills Location:
175 E Hawthorn Parkway
Suite 235
Vernon Hills, IL 60061

Aurora Location:
1222 N Eola Road
Aurora, IL 60502

Elgin Location:
10 N Spring Street
Elgin, Illinois 60120

Oswego Location:
62 S Madison Street
Oswego, Illinois 60542

Grayslake Location:
997 N. Corporate Circle
Grayslake, Illinois 60030

Counseling & Testing Services



Turn Over a New Leaf

For a complete list of locations
please visit our website

Email: info@portraithealthcenters.com
www.PortraitHealthCenters.com
Phone: (847) 868-3435





Therapy

Therapy is different for everybody. It depends on what you want and what you need. It may be one-on-one with a psychologist, or it may include parent training, couples counseling, or group therapy.

Therapy goals may include:

- o Interpersonal effectiveness
- o Managing ADHD (and other illness) symptoms
- o Taking better care of yourself
- o Tolerating the distresses of everyday life
- o Moving beyond disappointments and loss
- o Overcoming barriers to personal achievement
- o Regulating mood and impulses
- o Improving your quality of life
- o Learning about depression, anxiety, bipolar and PTSD
- o Becoming a better partner, spouse, child, parent, friend



Why visit a clinical psychologist?

There are several kinds of mental health providers—psychologists, psychiatrists, social workers, life coaches, and counselors (to name a few). All of these types of clinicians can be effective in different areas. Portrait Health's team of professionals are uniquely qualified to conduct psychological testing. The training behind testing can provide a deeper and more accurate understanding of mental illness.

This understanding is the foundation for providing excellent therapy and other psychological services



Psychological Testing

Computer-Based Impulsivity & Attention screening:

- o How severe are the inattention and impulsivity problems?
- o Is medication required? Effective?
- o What is the correct kind and dose of medication?

IQ / Achievement / Learning Disabilities:

- o Why is my child struggling in school?
- o Is my child intellectually gifted?
- o Can my child effectively show how much he knows?
- o What will help my child do better in school?

Even children with IEPs and 504 plans should have this kind of assessment

Full Psychological Evaluation:

- o What is my diagnosis?
- o What treatments would work best for me?
- o How can I improve myself?
- o What are my intellectual strengths and weaknesses?