

Juliana Wilhelm M.A., L.C.P.C

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COUNSELING EXPERIENCE

Private Practice

Cardia Counseling Center. Wheaton, IL. *Jan. 1998 – Present*

- Specializing in helping clients recover from trauma, depression and anxiety.
- Provided outpatient time-effective and long-term psychotherapy to individuals and couples with broad range of psychopathologies and psychosocial stressors.
- Conducted psycho-educational group therapy: “Care of the Soul.”

Christ Church of Oakbrook, Oakbrook IL. *August 1999 – January 2003*

- Provided individual and couple therapy for life cycle adjustment issues and mild mental illness.

College Campus

North Central College, Counseling Center. Naperville, IL. *Oct. 1997 – Jan. 2001*

- Provided long term individual therapy, conducted grief recovery group.
- Researched and developed policies for crisis management.

Illinois Institute of Technology, Counseling and Health Services. Chicago, IL. *Aug. 1996 – Sept. 1997*

- Counseled individuals with life adjustment and career issues, using Strongs Interest Inventory, Myers-Briggs and values assessment tools.
- Coordinated prevention focused, campus wide programs: Wellness week, Alcohol Awareness, Sexual Assault Awareness, eating disorders and depression screening.
- Presented psychoeducational seminars to graduate and undergraduate students: stress management, study skills, crisis management and communication.
- Increased Counseling Service’s contact with campus community: number of students attending seminars increased by 80% in one year.

Institutional

Downers Health and Human Resources. Downers Grove, IL. *Aug. 1995 - May 1996*

DuPage County Mental Health Services. Wheaton, IL. *Feb. 1995 – Aug. 1996*

- Implemented behavior modification programs and evaluated client progress for mentally ill children.
- Assisted adolescents and their families during 3-month stabilization period following psychiatric hospitalization.

TEACHING EXPERIENCE

Retreat speaker, Healing Lifes Deepest Hurts

- Amsterdam, Holland, *April 2011*

Instructor, Youth With A Mission, YWAM

Advanced Christian Therapy

- Kona, Hawaii. *December 2011*

Instructor, Psychology Group Therapy Lab

- Wheaton College, Wheaton, IL. *Spring term 2010, Spring term 2011*

Guest Lecturer: Strategies for Academic Success

- North Central College. Naperville, IL. *Winter and Spring term 1998 - 1999*

Instructor, Psychology 329: Adult Learning and Portfolio Development

- Elmhurst College. Elmhurst, IL. *Spring 1997*

Research Team Instructor, Controlling your Frustration

- Wheaton College Research Team. Wheaton IL. *Spring Semester 1996*

Guest Lecturer, Psychology 200: Introduction to Leadership

- Indiana Wesleyan University. Marion, IN. *Spring Semester 1993 - 1994*

EDUCATION

M.A. Clinical Psychology, 1996, Wheaton College, Wheaton, IL.

B.S. Psychology, 1992, University of Wisconsin, Madison, WI.

B.S. Elementary Education, 1992, University of Wisconsin, Madison, WI.

CERTIFICATIONS AND LICENSES

L.C.P.C., Licensed Clinical Professional Counselor (Illinois).

R.C.C., Registered Corporate Coach.

EMDR, Level 2 Training, Eye Movement Reprocessing and Desensitization.