

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

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24W146 Saint Charles Road  
Wheaton, IL 60187

(O) 630.272.2313  
cardiacounseling.com

## **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**

### **Adjunct Professor, Townsend Institute: Personal Development Skills Process Group; Organizational Leadership and Character Development**

- Townsend Institute, Huntington College, Huntington IN, August 2015 - present

### **Adjunct Professor, Christian Formation and Ministry: Care and Counsel In Ministry**

- Wheaton College Graduate Department, Wheaton, IL. *Spring term 2015*

**Adjunct Professor, Clinical Psychology: Group Therapy Lab**

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

**Trainer: Integration of Psychology and Theology: A Practical Approach**

- Utrecht, Netherlands,, *April 2015*

**Conference speaker: Becoming Your True-Self**

- Utrecht, Netherlands,, *April 2015*

**Retreat speaker, Healing Lifes Deepest Hurts**

- Amsterdam, Netherlands, *April 2011*

**Instructor, Youth With A Mission, YWAM**

**Advanced Christian Therapy**

- Kona, Hawaii. *December 2011*

**Guest Lecturer: Strategies for Academic Success**

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

**Instructor, Psychology: Adult Learning and Portfolio Development**

- Elmhurst College, Undergraduate Department. 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.