



Suzanne Wychocki, LSW

Suzanne is committed to helping people discover their authentic selves and guide them through their process of healing and progressing forward in their lives.

She believes that healing is a collaborative endeavor that requires genuine care without judgment and helps clients clarify their treatment goals. Rather than adopting one methodology for all individuals and issues, she draws from various methods to create a tailored approach for each individual and situation. As a therapist, she is warm, open, encouraging, and direct as an active therapist, combining experience, education, creativity, and a sense of humor with a down-to-earth, realistic approach to counseling.

Areas of focus:

- Children and adolescents with behavioral issues, anxiety, or depression
- Anxiety and depression (including postpartum depression)
- Relationship challenges: couples and families
- Phase-of-life changes, grief, and loss
- Life stresses and next steps
- Mindfulness and Meditation
- Attachment Issues

With a strong passion for supporting parents dealing with altered expectations of parenting, relationships, and raising children. I want to work with you to manage expectations and the increased impact on both parents and children in today's high-pressure environments.

In addition to New Light, she is also a Social Worker with Comer Children's Hospital at The University of Chicago, working with patients and families dealing with chronic illness.