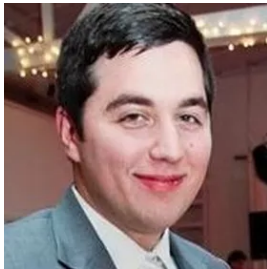




## Our Clinicians & Psychologists



Adam Apostolovich, LCSW

I started my career working with youth with emotional and behavioral disorders, gaining much experience working with a wide range of mental illnesses and issues. Working with youth and attending the Jane Addams College of Social Work, I developed a strength for providing support and care through building relationships. I have greatly enjoyed utilizing the therapeutic skills I learned while helping youth to the senior populations I assist at retirement facilities. My greatest strengths are helping residents adjust to moving in to retirement homes for the first time, promoting the positives of engaging in the community, exploring and navigating grief, utilizing humor to stay positive, and supporting and normalizing any difficulties that emerge through the natural aging process. My greatest passion outside of my work is raising my two sons and encouraging them to be just as big Chicago Bulls and Bears fans as myself.

Beth Forbes, LCSW

As a Licensed Clinical Social Worker, most of my experience has been helping older adults who struggle with depression, grief, cognitive impairments and chronic medical conditions.

My interest in working with older adults goes back to my undergraduate years when I obtained a bachelor's degree in social work with an emphasis in gerontology from the University of Wisconsin-La Crosse. Later, seeking higher education, I graduated with a Master's Degree in Counseling from Northern Arizona University and a Masters Degree in Social Work from Boise State University. My graduate work focused on the complex medical and mental health issues of hospitalized older adults.

Since then, I have worked in a variety of medical settings including Hospital, Hospice, Home Health, Outpatient Dialysis and Case Management. In any setting, I work to provide an environment of compassion and support to help individuals and families overcome obstacles to move forward and thrive.

As a volunteer for the Alzheimer's Association and the Dementia Connection of Havasu, I developed a keen interest in working with family of caregivers of people with memory issues, who themselves experience high rates of stress and stress-related disease. I continue to provide support and educational groups to the community upon request.

In my free time you can also find me outdoors-- camping, fishing or hiking with my dogs.



Deb Foshager, MA, LCPC

I was made to work with older adults. It's my passion and my joy. Fifteen years ago, I worked as a caregiver for older adults. After getting my Master's in Clinical Psychology 6 years ago, I have been helping older adults who have experienced cognitive decline. I also love working with their families, helping them navigate the complexities of life with a loved one who is getting older.

I've been married for 35 years and have 5 children. Life has been colorful and never boring! I grew up in Africa, the daughter of a missionary doctor. Everybody has a great story to tell, and no one's life is without fascination. Especially the older adults I work with! Every day I want to make a difference with these older adults and their families. That's my desire and motivation.

Jonna Phelps, LCPC

Jonna Phelps graduated from Roosevelt University in Chicago with a M.A. in Clinical Psychology. She received her LCPC in 2000. She is also a Certified Care Manager with the National Academy of Care Managers and a Certified Dementia Practitioner with the National Council of Certified Dementia Practitioners. Jonna has worked with seniors and their families in the community, assisted living, and skilled nursing facilities for the last 20 years. Jonna has provided support groups and conducted person-centered trainings for community workers and assisted living and nursing home staff as part of quality improvement programs.

Jonna has focused her attention on treating individuals with Alzheimer's disease and related dementia's. Jonna has extensive knowledge of the aging process and the emotional toll that physical and cognitive changes take on the person and the family. The goal of treatment is validation through re-focusing on the person to decrease anxiety and depression and improve overall quality of life.



Erin Sheffer, Psy.D

Erin Sheffer, Psy.D., is a licensed clinical psychologist. She received her Master's and Doctoral degrees in Clinical Psychology from the Illinois School of Professional Psychology. Dr. Sheffer has extensive experience working with children, adolescents, and adults in various settings including community mental health centers, behavioral health hospitals, residential treatment facilities, therapeutic day schools, and private practice. In addition to completing cognitive testing for clients at IGPS, Dr. Sheffer has a private practice in Arlington Heights.

Joanna Sullivan, LCSW

Joanna has been a Licensed Clinical Social Worker since 1993, and has more than 30 years of experience in programs serving individuals and families across the lifespan.



Rachel Zajicek, LCSW

Rachel Zajicek has been a Licensed Clinical Social worker in Illinois since 2014 and a clinician with IGPS since September 2017. When not working with clients, Rachel is working on her dissertation for her Doctorate in Social Work, which she is pursuing through Aurora University with a focus on animal-assisted interventions. Rachel also enjoys spending time with her companion animals: dogs Vinnie & Leo in addition to Hershey the rabbit.

Helen Schaeffer, LCSW

Helen is a Licensed Clinical Social Worker since 1992. She has had advanced training in substance use counseling and working with families. Additionally, she has worked with all age groups in clinical, educational, and child welfare settings.



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Connect online:

25663 W. Brooks Farm Rd.  
Round Lake, IL 60073

ph: 847-322-2975  
alt: 630-865-1352  
fax: 312-516-4275  
info@igpspc.com

Lisa Rae  
Founder, Director of Business  
Development  
630-865.1352

Diane M. Bailey Yoder MS, LCPC, NCC  
Founder, Director of Clinical Operations  
847.322.2975