



Sarah-Monique Williams has successfully worked with children, adults, adolescents, and families since 1995. She received her Doctorate in Clinical Psychology (Psy.D.) from The Illinois School for Professional Psychology, Chicago.

A published author, Dr. Williams has conducted numerous presentations at schools and conferences throughout the United States. Many of these presentations address anxiety, depression, and learning disabilities, including Attention Deficit Hyperactivity Disorder (ADHD) in adults and children.

Dr. Williams is a member of the American Psychological Association, the Illinois Psychological Association, and the Learning Disabilities Association. In addition to counseling services, Dr. Williams provides school coaching and periodic workshops on a variety of topics.

Fostering Growth Through Exploration

Sarah-Monique Williams, Psy.D.
Licensed Clinical Psychologist
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Are you feeling
overwhelmed
with your family,
relationships,
or job?



Explore creative solutions with the psychologist who has helped hundreds of adults and families find greater satisfaction in their lives.

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A Message from Dr. Williams

If you are struggling with anxiety and depression or having difficulties with your relationships or job, it's important to have a place to find your own solutions. You've already taken a courageous first step by considering counseling. Many individuals and couples have trusted my support and guidance as they learn to make changes in their lives.

As an experienced clinical psychologist, I've helped individuals and couples of all ages and backgrounds increase self-esteem, learn to manage anger, enhance communication skills, and improve personal organization. I believe relationships are at the heart of human experience and are central to the therapeutic process. Together, we can find ways for you to create more positive and satisfying personal and professional relationships.

By addressing your problems in context, we can develop personal solutions quickly and effectively. Clients often tell me that my compassion, enthusiasm, and sense of humor puts them immediately at ease and keeps the therapeutic process moving forward. I consider it an honor to work with each of my clients, and I look forward to meeting you.

Dr. Williams



Adult Therapy

Couple's Counseling

Over time, even the strongest relationship can run into trouble. If you have lost intimacy, argue frequently, or have trouble understanding one another, I can help you improve communication, manage anger, understand the root problems, and make your relationship satisfying again.

Identity Concerns

Are your family's or society's expectations for your life not right for you? I can provide support and guidance for you to explore your dreams and aspirations, define your sexual orientation, or discover your authentic self. We can identify your priorities, strengths, and values and develop a plan to help you start living the life you want.

Grief and Loss

When you have experienced a life-changing loss, it can be difficult to both grieve and manage everyday life. Whether you are experiencing the death of a loved one, surviving a trauma, or facing the end of a relationship, I can help. Together, we can create a safe space to honor and explore your feelings. Over time, you can learn to acknowledge your loss while embracing all that life has to offer.

Depression and Anxiety

Most people need support and guidance sometime in their lives in order to break through anxiety, depression, panic attacks, or phobias. Together we will use behavioral strategies, self-exploration, and positive thoughts and actions to help you get what you want out of life.

Adult Learning Disabilities

Do you find that you learn differently than others? Have you always struggled with reading or writing? Is it hard to figure a tip? Does math seem like a foreign language? I will work with you to understand your learning styles and maximize your personal and professional strengths. Because learning disabilities can affect all areas of life, we will work on building self-esteem, self-acceptance, and supportive communities. As a member of the Learning Disabilities Association, I can help the adult student find resources and accommodations for academic success.

Adult Attention Deficit Hyperactivity Disorder

Are you having trouble staying organized at home and work? Does it seem like you're always looking for something you've lost? Do you start projects that never get finished? Do you feel like you're always on the go and can't slow down? I can teach you solutions for managing the details of life that will allow you to better enjoy your unique strengths.