



Karos Counseling
An affiliate of Feeling Good Institute
Teddy Sullivan, LMHC

Quick Facts:

- Virtual Therapy – Ages 13+
- Parent Skills Training – If child is under 13 years old
- Illinois and Indiana -based
- Level 3 TEAM-CBT certified (see below)



Figure 1 Teddy Sullivan, LMHC

Specialties



Depression Treatment

Helping you when you feel "not good enough" or hopeless about your life.



Anxiety Reduction

Relationship anxiety, health anxiety, self-expression troubles, and more....



Life Transitions

Whether it be a new job, entering the work force for the first time, identity shifts, or even becoming a parent for the first time, we are here to help you through it.



ADHD Help

Not a lot of neurotypical folks understand ADHD and ASD. Having a trained therapist is even more vital for feeling understood and not shamed.



Injuries and Pain

Chronic pain and sudden injuries can really have an impact on your whole world. Let us help you manage your physical recovery with powerful mental methods.



Athletic Performance

I coached cross country and track for ten years with cutting-edge mental performance tips. If you're having trouble with 'the yips,' getting 'in your head,' or having trouble with motivation, reach out for a free consult.

Approach¹

Teddy uses a method called TEAM-CBT¹, developed at Stanford by Doctor David Burns. Essentially, TEAM brings about rapid change in therapy, getting measurable results with a warm, individualized approach.

Scheduling

Book a free 15' minute consult here OR click the below image: <https://www.naturl.link/karos-fgi-book>



¹For more information on TEAM-CBT, visit: <https://feelinggoodinstitute.com/what-is-team-cbt-therapy>