

**Skyler Reisig**

My name is Skyler, and I am a graduate-level clinical intern currently training at Northwestern University. I'm dedicated to joining clients on their journey toward emotional balance, connection, and personal growth. I believe that wellness comes from a holistic approach- one that nurtures the individual while acknowledging and addressing the relationships and greater context that shapes their sense of self. I'm deeply passionate about helping people develop a sense of wellness that includes healthier, more fulfilling relationships. I focus on creating a warm and supportive environment where individuals can feel safe to explore their emotions, experiences, and challenges. I believe that therapy is a collaborative journey unique to each person. In that vein, my work looks a little different with each person, focusing on what is most important to you. I approach therapy by first working to create a foundation of trust and openness that empowers clients to feel heard and share their struggles. I work to explore past wounds, patterns, dynamics, and their intersection with current struggles, focusing on how this impacts your sense of self, as well as your ability to connect with others. I'm committed to helping my clients develop a better understanding of themselves, heal from past wounds, and build on their current strengths to create a sense of holistic wellness.