

# OSWEGO WELLNESS HELPS WITH PSYCHOLOGICAL STRUGGLES EVERYONE FACES

— Sandy Conrad  
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Everyone experiences psychological struggles at one time or another in life. What to do about them is often not well addressed or understood. Now a staff of 19 professional women have united at Oswego Wellness, located at 64 Main Street (630/519-1010), to offer treatment plans that will help lead to wellness. The educational qualifications of the entire staff, all of whom are licensed by the State of Illinois, are very impressive. Co-owners of Oswego Wellness are Courtney Decarlo and Heather Johnson.

Courtney is a Licensed Clinical Professional Counselor (LCPC) who holds a Masters in Clinical Psychology. Since 1998, she has worked in community mental health, at hospitals (Alexian Brothers and Linden Oaks) and in private practice; she founded Oswego Wellness in 2014. She currently serves as Vice-President of the Board of Directors of Aurora's Family Counseling Service, which has been in the Fox Valley area since 1925.



Heather Johnson is a Licensed Clinical Social Worker (LCSW) who holds a Masters in Social Work. With over 18 years of experience, she has a wide background of training and providing psychotherapy in multiple settings at hospitals,

schools and client homes.

Amy Brinkman, a Licensed Social Worker (LSW) holds a Masters in Social Work & Behavioral Science. She is a Yoga Teacher & Trainer.

Karen Cepeda (LCPC) holds a Masters in Clinical Psychology. She currently serves as a school counselor at Oswego District's Murphy Junior High School.

Christine Conover (RD, LDN) holds a Masters in Nutrition & Wellness. She serves Aurora's Association for Individual Development for dietetic services.

Jennifer Cromer (LCPC) holds a Masters in Community Counseling and has worked with children and adult patients for over twelve years.

Michelle Del Muro (LCPC) holds a Masters in Forensic Psychology. She helped develop the Kendall County Drug Court Program.

Rachael Egge (LCPC) holds a Masters in Counseling Psychology and has over 12 years of direct patient care, specializing in prenatal issues and postpartum support. She is on staff at Linden Oaks Hospital.

Mary Clare Graff (LCPC) holds a Masters in Pastoral Counseling. On staff at Linden Oaks, she specializes in crisis management and addiction counseling.

Jaclyn Harvey (LCSW) holds a Masters in Clinical Social Work. Her experience dates back to 2006 and she is a Social Worker at Aurora's Mercy Hospital.

Katie Howe (LCPC) holds a Masters in Clinical Psychology and has over 15 years of experience in the field.

Nicole Lentz is a Licensed Marriage and Family Therapist who holds a Masters in Marriage and Family Therapy.

Sarah Matlin (LCPC) holds a Masters in Clinical Psychology. With 12 years of experience, she is on the staff of Linden Oaks Hospital.

Jessica Mueller (LCSW) holds a Masters in Social Work. She has worked for the Plainfield School District for 5 years.

Melissa Pasquinelli (LCPC) holds a Masters in Community Counseling.

Kelly Olenski (LCSW) holds a Masters in Social Work. She has worked as a Case Therapist at Northwestern Medical's Ben Gordon Center.

Jennifer Zarosly (LCPC) is a Certified Alcohol & Drug Counselor (CADC) who holds a Masters in Counseling Psychology.

Sharla Vittorio is a Licensed Professional Counselor (LPC) who holds a Masters in Clinical Psychology.

Office Manager Sarah Brown brings her 8 years of experience in healthcare and administrative management for all things relative to customer service, payroll and the important issue of insurance coverage for treatments.

Oswego Wellness treats Addiction, Adoption Issues, Anxiety, Anger Management, Depression/Bipolar issues/Mood Disorders, Divorce, Eating Disorders (anorexia, bulimia, obesity, emotional and disordered eating), Fertility Issues, Marital Problems, Occupational Issues, Parenting Struggles, Perinatal Mood & Anxiety Disorders, Self-Esteem Issues, Self Injury, Trauma History and Sexual Orientation Issues through Assessments, Career Counseling, Specific Counseling for children, adolescents, individuals, families, marital couples or groups, Crisis Intervention, Yoga Groups, Registered Dietician Services and Medication Management.

The wealth of services offered by Oswego Wellness make them a tremendous asset for residents of the Fox Valley.

