

Patricia R. Francis, OP, PsyD, a Psychologist with Central DuPage Pastoral Counseling Center

Get to know Psychologist Dr. Patricia R. Francis, who serves patients in Illinois.



New York City, New York Jun 23, 2023 ([IssueWire.com](http://www.IssueWire.com)) - A skilled psychologist, somatic experiencing practitioner, and trained spiritual director/companion, Dr. Francis serves as the Director of Counseling Services at Central DuPage Pastoral Counseling Center in Carol Stream, Illinois. As such, she oversees training of students but there is now director of training who does the work of being the liaison to the professional schools and Universities, arranging interviews, and coordinating all that is required to have an excellent training program.

With a deep desire to provide a safe and supportive environment, she aims to be fully present for individuals seeking therapy, allowing them to explore and process their concerns while fostering healing, personal growth, wellness, and healthy relationships. She specializes in working with individuals who have experienced trauma and often suffer from post-traumatic stress disorder (PTSD).

Additionally, Dr. Francis offers assistance to those dealing with mood disorders such as depression, bipolar disorder, grief, anxiety, and adjustment disorders. Other areas of expertise include improving self-esteem, navigating life transitions or diversity issues, enhancing interpersonal relationships, addressing chronic pain, managing stress, anger, ADD/ADHD, and various addictions or codependency. She has also developed a keen interest in gerontology and is attuned to the unique challenges faced by this population in therapy.

Pertaining to her educational pursuits, she earned her Doctor of Psychology degree from the Illinois School of Professional Psychology in Chicago. She also holds an M.A. in HD Counseling with an emphasis in Marriage and Family Therapy from Sangamon State University, an M.A. in Christian Spirituality from Creighton University, and a B.A. in Elementary Education with a minor in English from Quincy University.

Continuously advancing her efforts, Dr. Francis is an active member of the American Association of Marriage and Family Therapists and IAMFT, the American Psychological Association and IPA, the American Society for Clinical Hypnosis and Chicago Chapter, the Eye Movement Desensitization Reprocessing International Association, the Imago Relationship North America and Chicago Imago Relationship Therapists, the International Catholic Deaf Association, the International Center for Excellence in Emotionally Focused Couples Therapy and Chicago Center for EFT, the National Catholic Office for the Deaf and Great Lakes Region, the Somatic Experiencing Trauma Institute, and the Spiritual Directors International and Chicago Area Spiritual Directors.

In her practice, she draws from a range of therapeutic techniques and evidence-based approaches informed by brain science and extensive training. These include Internal Family Systems (IFS), Somatic Experiencing (SE), Eye Movement Desensitization Reprocessing (EMDR), Integral Somatic Psychology (ISP), sand tray work, guided imagery, art therapy, hypnosis, relaxation techniques, mindfulness, Acceptance and Commitment Therapy (ACT), and Positive Psychology.

Recognizing the benefits of holistic approaches, Dr. Francis also emphasizes the importance of practices such as yoga, Tai Chi, good nutrition and sleep, massage and bodywork, exercise, physical therapy, and, when necessary, medication or homeopathy. When additional specialized care is required, she refers clients to professionals trained in those areas.

In addition to working with individuals, couples, and families, she occasionally facilitates groups and delivers presentations on various topics related to holistic living. These topics may include the mind-body-spirit connection, interpersonal relationships, marriage, communication skills, spirituality, and mental health issues. She is also fluent in American Sign Language and Signed English and has over 40 years of experience working with the Deaf Community.

Psychology is the science of behavior and mind. It includes the study of conscious and unconscious phenomena, as well as feeling and thought. It is an academic discipline of immense scope. Psychologists assess, diagnose, and treat the psychological problems and behavioral dysfunctions resulting from, or related to, physical and mental health. In addition, they play a major role in the promotion of healthy behavior, preventing diseases and improving patients' quality of life.

Learn More about Dr. Patricia R. Francis:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/8137363-Patricia-Francis-Psychologist> or through Central DuPage Pastoral Counseling Center, <https://cdpcc.org/meet-our-staff/patricia-francis-op/>

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Media Contact

Your Health Contact

clientservice@yourhealthcontact.com

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