



CONVENTIONS

PSYCHIATRY & COUNSELING

CONVENTIONS QUARTERLY: Winter 2021/2022

Happy New Year! We have settled into our new space and are excited for what this year has in store. We tried to make the transition as smooth as possible for all and thank every one of you for your support. With the expansion of our office, we are excited to share some exciting news! In addition to the same excellent care you already receive, you can look forward to new groups and events we are hosting including support groups, skill development groups, meditation groups, and more!



PROVIDER SPOTLIGHT

This quarter we are excited to introduce you to our newest nurse practitioner, Tina Iyer. Tina has joined Conventions Psychiatry & Counseling, bringing with her 23 years of nursing expertise. Tina specializes in the psychiatric treatment of adults and adolescents and has special interest in those struggling with substance abuse. Tina is accepting new patients. For more information, click [here](#) or call 630-416-8289 to schedule an appointment with Tina!

EVENTS

NEW in 2022! Join us for our new support groups, workshops, and DBT Skills Training Group. To register, e-mail [Jill](#) or call 630-416-8289! Visit our [Events](#) page for a list of our current and upcoming events.

[Adult Depression/TMS Support Group](#)

Cost: FREE (In-person)

Every Wednesday 6pm-7:30pm

[Healthy Relationships Workshop](#)



(Pictured above: Anna Phillips, PA-C; Anju Kallan, APRN; Michelle dela Pena, APRN; Yunah Lee, PA-C)

Cost: FREE (In-person)
2-nights Monday Feb. 7 & 14 6pm-7:30pm

DBT Skill Training Group
Cost: \$25/session; self-pay only (Hybrid)
Every Thursday 6pm-7pm
[Learn More](#)



HOLIDAY CELEBRATIONS

Conventions Psychiatry & Counseling had the opportunity to host our annual holiday party for our wonderful staff, providers, and community partners. This is just one of the ways our organization is able to give back to those who work hard on a daily basis to provide a one-of-a-kind experience for our patients and their families. We certainly had many blessings this year, including moving to our new location, welcoming new staff, and expanding our services!

New location
4300 Weaver Parkway, Suite 100-A
Warrenville, IL 60555



FEELING DEPRESSED?

Conventions Psychiatry & Counseling offers NeuroStar TMS treatment for depression. If anti-depressants were ineffective, TMS may be a non-drug, non-invasive treatment option. It is approved by the FDA and covered by insurance!

Click [here](#), ask your provider, or call Rhonda at 630.642.1801 x225 for more information.



MINDFUL MOMENT

Protect your peace with a mindful winter walk. Leave your phone and headphones at home; just



CLINICAL TRIALS

Clinical trials help to shape the future of medicine. No cost to participate and no insurance required!

AMR Conventions Research is currently



ACCEPTING NEW PATIENTS

Are you worried about someone's mental health? Have a low threshold for

take in the experience of the walk. Pay attention to how your feet feel as they hit the pavement or the snow. Listen to the crunch of snow and ice beneath you. Notice the sound of bird chirping in the distance. Feel the crisp air or snowflakes as they fall onto your face. Engage all of your senses.

seeking volunteers for the following studies:

ADHD- Children & adolescents
PTSD- Adult

For more information call Janet/Amith 630-983-2000 or visit our [website](#). Follow us on [Facebook](#) for our latest updates!

seeking mental health treatment.

Guide them to Conventions Psychiatry & Counseling for mental healthcare of the highest quality.

Call 630-416-8289 or visit our [website](#) to learn more or schedule an evaluation or new service today!

A LOOK INTO: "HOLIDAY BLUES" OR DEPRESSION?



According to the National Alliance on Mental Illness (NAMI), 64% of people with an existing mental illness report that the holidays make their condition worse. According to the DSM-V, Major Depressive Disorder with a Seasonal Pattern (formerly known as seasonal affective disorder, or SAD) is characterized by recurrent episodes of depression in late fall and winter, alternating with periods of normal mood the rest of the year. Major Depressive Disorder with a Seasonal Pattern symptoms can include:

- Changes in appetite or weight
- Changes in sleep patterns
- Depressed or irritable mood
- Difficulty concentrating
- Feelings of worthlessness or guilt
- Feeling more tired than usual
- Feeling tense, worried or anxious
- Loss of pleasure in doing things you used to enjoy

Symptoms of "holiday blues" can sound quite similar but the differences lie in:

- Duration - "Holiday blues" typically begin in November or December and lift around the New Year. It can last up to 40% of the year, starting in late fall and lasting until spring or summer.

- Severity - "Holiday blues" symptoms are typically mild in comparison to the symptoms of depression, which are often more severe or debilitating.

What are my options for treatment?

Major Depressive Disorder with a Seasonal Pattern and "holiday blues" can be improved with lifestyle changes, such as monitoring alcohol consumption, adjusting expectations, not overextending financially, and engaging social supports. Although it may be short term, talking to a **therapist** can help to manage expectations and stress. Patients can also benefit from the following:

- **Support group**
- Depression lamp/light therapy
- Self care including regular exercise
- Boundaries/saying "no"
- Gratitude journal
- Medication

If you suspect your experiencing Major Depressive Disorder with a Seasonal Pattern or "holiday blues," our team of **therapists** and **medical providers** are here to help! Our recurrent, in-person, and **FREE Adult Depression/TMS Support Group** is held every Wednesday 6pm-7:30pm. All are welcome!

WE VALUE YOUR OPINION!

Our goal is to provide you with excellent care and are continually striving to do better. Would you please take a moment to evaluate your experience with us by completing our confidential Patient Satisfaction Survey? Click [here](#) to access the survey.

LEAVE A REVIEW

Did you or a family member have a positive experience with us?

Leave us a 5-star review on [Google](#) & [Yelp](#)!

"Like" & follow us on [Facebook](#)!



Conventions Psychiatry & Counseling

Phone: 630.416.8289 • Fax: 630.416.8306 • contact@conventionspc.com

www.ConventionsPC.com

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