



# CONVENTIONS

## PSYCHIATRY & COUNSELING

### CONVENTIONS QUARTERLY: Spring 2022

Conventions Psychiatry & Counseling's staff and providers have been working hard to improve and develop new services for our patients and the community. Your feedback on our **patient satisfaction survey** has helped us to identify and implement some exciting new changes! We have streamlined our intake process for new patients and have made our **website** more user-friendly and informative. We have started **free support groups** and are adding to our group of therapists so our patients have more options and quicker access to the care they need. We continue to be grateful to you for trusting us with your care, and it's because of you that we can offer more.



#### PROVIDER SPOTLIGHT



This quarter we are excited to spotlight **Dr. Michael Guglielmo!** Dr. Guglielmo, LCPC has been a trusted clinician with Conventions Psychiatry & Counseling for over 15 years, providing individual and couples therapy. Dr. Guglielmo helps his clients build a balanced lifestyle to achieve emotional wellness. By popular demand, he is offering his 4-week, Moving Through It program this summer, combining education, support, and exercise to reduce emotional stress. For more

#### GROUP THERAPY

Conventions is now offering groups for adults. Call 630/416-8289 or **e-mail** for more information. **Click** to register!

##### [Depression/TMS Support Group](#)

Every Wednesday 6-7:30p  
Free; Walk-ins welcome

##### [Grief Support Group](#)

1st Monday of every month 6-7:30pm  
Free; Walk-ins welcome

##### [Self-Esteem Improvement](#)

1st & 3rd Tuesday of every month  
6-7:30pm  
Free; Walk-ins welcome

##### [DBT Skills Training](#)

Every Thursday 6-7:30pm  
\$25/class

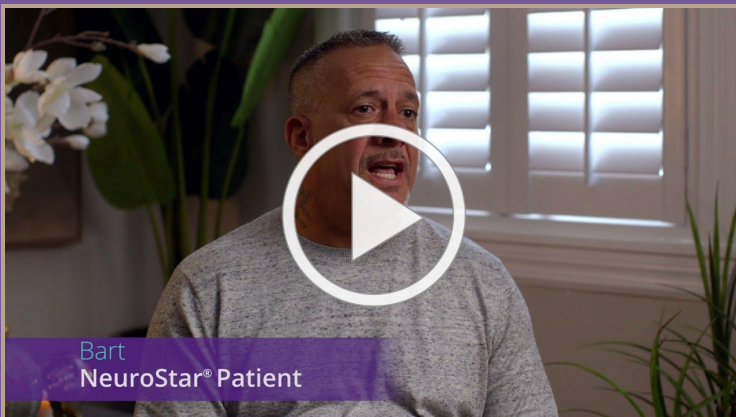
##### [Moving Through It](#)

6/23, 6/30, 7/7, 7/14 5-6:30pm  
\$120 for all

information or to schedule an appointment with Dr. Guglielmo, click [here](#) or call 630-416-8289.

You won't want to miss this summer's [Moving Through It](#) with Dr. Michael Guglielmo. [Moving Through It](#) is an action-oriented program, providing education on coping skills, as well as the benefits of exercise. Click [here](#) to register today!

Anxiety, PTSD, and LGBTQ coming soon! Visit our [website](#) for details on all of our events.



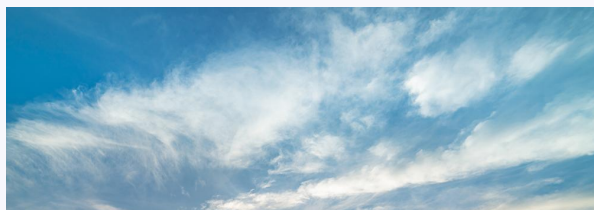
If medications haven't worked for depression...  
[TAP INTO A NEW POSSIBILITY](#)



Conventions Psychiatry & Counseling offers  
[NeuroStar TMS Therapy](#)

- \*Medicine-free\*
- \*Non-invasive\*
- \*FDA-approved\*
- \*Covered by insurance\*

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



## MINDFUL MOMENT

Spring offers so many opportunities for a pleasant, mindful experience. Mindfulness requires nothing but your attention. Choose to shift your focus from the thoughts in your head to the external environment. Engage your senses and experience your moment through them. Do you notice with your sense of vision the bits of green in nature appearing after the long winter? Can you tune in and hear birds chirping? Can you engage your sense of smell and notice the freshness of the air or smell of a spring time rain shower?



## CLINICAL RESEARCH

With clinical trials, you can become a crucial part of the future of medicine and scientific advancements. There is no cost to participate and no insurance required! Studies may be compensated for time/travel.

AMR Conventions Research is seeking volunteers for the following studies:

- \* ADHD- Child & Adolescent\*
- \*PTSD- ADULT\*
- \*Bipolar 1-Depression

Pause and be intentionally present in each of these small moments.

Contact Janet/Amith 630.983.2000 or click [here](#), for more information. Like us on **Facebook!**



We know that a lack of physical activity can increase our risk for heart disease, diabetes, and cancer. But recent studies have also shown a correlation between physical activity and depression. Current theories suggest that depression could lead to sleep problems and a decrease in physical activity. While this may be true, according to the National Institutes of Health, the reverse appears to be true as well. In one study, participants' sleep and activity level were monitored for a two-week period. The results showed that physical activity affected the participants' mood afterward. They also found that physical activity positively affected how energetic participants felt and how long they slept. Increasing physical activity doesn't require a gym membership. Simply go for a hike or a run, or incorporate yoga stretches into your daily routine. And be sure to check out our [Moving Through It](#) event this summer!

While physical activity plays an important part in managing mental health, it should be added to the professional treatment you receive, not take the place of it. Always consult your treatment team before making any significant changes to medication or therapy.

### PATIENT SATISFACTION SURVEY



Your constructive feedback on our Patient Satisfaction has been invaluable! We've implemented some important changes and look forward to hearing more suggestions from you.

### ACCEPTING NEW PATIENTS

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

### LEAVE A REVIEW



Did you or a family member have a positive experience with Conventions Psychiatry & Counseling?

Leave us a 5-star review on **Google & Yelp!**

Click **here** to access the survey.

or schedule an evaluation or new service today!

"Like" & follow us on **Facebook!**



Conventions Psychiatry & Counseling

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