



Building Healthy Connections Newsletter

April 2021

Our Growing Clinic:

SVPS is thrilled to announce two new staff members joining our clinical team - **Shaina Wright, Ed.S.**, and **Leila Yabiku, M.A.**

Shaina Wright is a Loyola University graduate with a degree in Clinical Counseling, and she received her BA in philosophy and psychology from Yale University. Most recently, her experience has been through the Intensive Outpatient Program at St. Joseph's Hospital, and she brings a history in the fields of human rights and social justice from the International Center for Transitional Justice in NY. Her experiences include the Center for Community Research at Depaul University, consultation and project management of Brooklyn's LAB Charter schools, and work within suicide prevention and freelance tutoring and editing for kids and teens.

Leila Yabiku was previously working as an analytically-trained Clinical Psychologist both at a day hospital and private practice in Brazil. Since coming to the US 13 years ago, she's completed her clinical degree at the University of Chicago and the 2-year Psychoanalytic Psychotherapy program at the Chicago Center for Psychoanalysis. Leila brings a remarkably rich history working dynamically across the lifespan, including her most recent roles on staff at the Orthogenic School, New Hope Academy, and the Kedzie Center, where she ran psychoeducational groups for mothers and children. In addition to her analytic training and work, Leila has a history of translation work through Heartland Alliance.

We look forward to your opportunity to collaborate with these new clinicians and our continued work together at this time of exceptional need in our community!

Recommended Blog:



Why Your Brain Feels Broken

from The New York Times

By: Jessica Grose

Pandemic stress and multitasking can affect memory in a real way.

[CLICK HERE TO READ](#)

Check out our
SVPS Blog!



Like us on
Facebook!

[World Autism Awareness Month](#)

April is Autism Awareness Month! Autism Awareness Month provides a wonderful opportunity to gain a deeper understanding of Autism Spectrum Disorder (ASD) and to celebrate neuro-diversity. Check out our blog posts for more information about Autism Spectrum Disorder:

[Understanding Autism: Common Symptoms & Supportive Interventions](#)



[Autism Spectrum Disorder: Five Myths and Misconceptions](#)



Shared Vision Psychological Services provides specialized Autism assessments & support for clients, as well as therapeutic support for parents, siblings, and family members of those on the spectrum. Contact our office today for more information or to request an appointment.

For additional resources and information about Autism, visit: www.autismspeaks.org

[Contact Us](#)

Featured Online Groups:

Social Skills Groups Ages 5-6 & Ages 7-9



Our 50-minute Social Skills Groups have a relational focus that teaches children how to approach others, resolve conflict, and make friends. Our groups aim to help children develop a deeper capacity for relatedness that can be translated into more meaningful relationships, both at home and at school.

Kids in our Social Skills Groups often leave with the following tools:

- Increased patience
- Decreased impulsive behavior
- Confidence to initiate conversation
- Ability to resolve conflict
- Greater awareness of social cues
- Capacity to respond to others with understanding and empathy
- Feelings of connection with peers

[Click here to register today!](#)

Young Adult/Recent Graduate Support Group, Ages 18-25



Launching takes place when a young adult leaves their home of childhood in order to pursue adulthood. Many times this involves graduations, going away to college, or obtaining a first full-time job. While this can be an exciting time, it can also be filled with fear, anxiety, stress, and uncertainty. Sometimes young adults struggle to successfully launch and move into the next developmental stage of adulthood. This group will aim to provide a safe and supportive environment for young adults struggling with issues related to launching.

[Click here to register today!](#)

[View all of our online groups here!](#)

Other Services We Offer

- Individual, Couples, and Family Therapy
- Comprehensive Diagnostic Evaluations
- Collaboration with Schools
- Consultation to Professionals
- Community Presentations, Seminars, and Training
- Pre- and Post- Adoption Psychological Services
- Developmental & Special Needs Psychological Services



[Contact Us!](#)

Shared Vision Psychological Services, Inc.
(phone) 630.571.5750, ext. 224 | (fax) 630.571.5751
www.sharedvision.org