



Therapeutic Services

Individual Therapy

1:1 Therapy as Survivor or Significant Other

Crisis Counseling (8-10 sessions)

Clients will address a certain traumatic trigger and/or interaction. These sessions are designed to have clients work through this specific issue, while having other services outside of ZCenter for longer term treatment.

Supportive Counseling (6-9 months)

This service is designed for those who are beginning their trauma work. Whether the event happened yesterday or 30 years ago, a therapist will walk through trauma with the client over these months in order to gain insight and begin the healing journey.

Couples/Partners/Significant Others Therapy

Marriage/Family Therapy

Group Therapy

Adolescent Connection Group

Multidisciplinary Approach to Trauma

This is a closed 3-phase group.

In the first phase, survivors gain knowledge and education around sexual assault and abuse, including the impacts of sexual trauma. The second phase focuses on exploring and processing thoughts, feelings, emotions, and reactions in a safe and supportive environment. In the third phase, survivors will challenge their post-traumatic belief systems. They will learn to integrate new ways of perceiving their past and aim to re-establish safety in new relationships without the challenges of the past.

Zacharias Sexual Abuse Center

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