

CDCW

COUNSELING AND DIAGNOSTIC
CENTER OF WOODFIELD, LTD.

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www.cdcwoodfield.com



STAFF DIRECTORY



David R. Jezl, Psy.D.

Founder & Clinical/Executive Director

David R. Jezl, Psy.D., is a licensed clinical psychologist with over 30 years of clinical experience. He earned his doctorate in Clinical Psychology from the Illinois School of Professional Psychology and his B.S. in Psychology from Loyola University Chicago, with training at the University of Chicago and the Child & Family Guidance Clinic in Los Angeles. Dr. Jezl treats children, adolescents, adults, older adults, and families and provides individual, family, and group psychotherapy. His specialties include mood and anxiety disorders, ADHD, trauma, behavioral and emotional regulation, family conflict, and life transitions.



Antonina Barr, MSW, LCSW, PEL

Antonina Barr, MSW, LCSW, is a licensed clinical social worker with a Professional Educator License and over 30 years of clinical experience. She earned her Master of Social Work in School Social Work from Jane Addams College of Social Work, University of Illinois at Chicago, and her B.A. in Psychology and Dance Therapy from Rockford and Regents College. Antonina treats children, adolescents, adults, older adults, and families and provides individual, family, and group therapy. Her specialties include working with individuals on the spectrum, trauma recovery, behavioral and emotional regulation, ADHD, school-related challenges, family dynamics, grief/loss, and life transitions.

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Mirna Ballestas, Psy.D.

Mirna Ballestas, Psy.D., is a licensed clinical psychologist with over 25 years of experience. She earned her clinical psychology degree at Pontificia Universidad Javeriana in Bogotá, Colombia, and completed her doctorate in Clinical Psychology at Illinois School of Professional Psychology (Chicago, IL) with an emphasis in Health Psychology. Dr. Ballestas treats children, adolescents, adults, older adults, and families and provides psychological and neuropsychological assessment. Her specialties include trauma-informed care, mood and anxiety disorders, attention and learning concerns, and stress related to work, family, and life transitions. She also serves as a clinical supervisor for doctoral-level students.

Bilingual: English and Spanish



Antonio Hernandez-Silva, PMHNP BC

Antonio Hernandez Silva, PMHNP BC, is a board certified psychiatric mental health nurse practitioner licensed in Illinois. He earned his Bachelor of Science in Nursing from Aurora University and completed his Psychiatric Mental Health Nurse Practitioner training at St. Francis University. Antonio treats children, adolescents, adults, older adults, and families and provides psychiatric evaluation, medication management, and supportive mental health care. His specialties include mood and anxiety disorders, ADHD, trauma-informed care, and psychopharmacology for diverse populations. He is bilingual in English and Spanish.

Bilingual: English and Spanish



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Anthony Hughes, MS, LCPC

Anthony Hughes, MS, LCPC, is a licensed clinical professional counselor. He earned his M.S. from John A. Logan College and Southern Illinois University in Carbondale, specializing in disorders of psychosis, personality, and rehabilitation counseling. Anthony treats children ages 10 and up, adolescents, adults, older adults, and families and provides individual, family, group, and couples therapy. His specialties include behavioral and emotional challenges, depression, anxiety, stress, life transitions, couples and marital counseling, and addictions for clients in recovery.



Emily Hackney, MA, LCPC, ATR, PEL

Emily Hackney, MA, LCPC, ATR, is a licensed clinical professional counselor, registered art therapist, and professional school counselor. She earned her M.A. in Counseling Psychology with an emphasis in Art Therapy from The Adler School and completed school counseling studies at DePaul University. Emily treats children, adolescents, adults, older adults, and families and provides individual, family, and group psychotherapy. Her specialties include integrative therapy combining clinical interventions with art modalities, anxiety, depression, mood disorders, behavioral challenges, family dynamics, and developmental concerns.

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Jamie Janssen, Psy.D., LCSW

Jamie Janssen, Psy.D., LCSW, is a licensed clinical psychologist and licensed clinical social worker. She earned her Doctorate in Psychology from Argosy University and her Master of Social Work from Loyola University Chicago. Dr. Janssen treats children, adolescents, adults, older adults, and families and provides psychological and neuropsychological assessment. Her specialties include mood disorders, neurodevelopmental conditions, cognitive functioning, learning differences, trauma-informed evaluation, and social security disability assessments. She also serves as a clinical supervisor for doctoral-level students.



Susan McKinney, MA, LCPC

Susan McKinney, MA, LCPC, is a licensed clinical professional counselor. She earned her M.A. in Clinical Psychology from the Illinois School of Professional Psychology and completed a certificate in Rational Emotive Behavior Therapy from the Albert Ellis Institute. Susan treats adolescents, adults, older adults, and families and provides individual, family, and group psychotherapy. Her specialties include anxiety disorders, OCD, school refusal, depression, stress management, parenting support, and family relationship challenges.

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Laura Monti, Ph.D., Psy.D.

Laura Monti, Ph.D., Psy.D., is a licensed clinical psychologist with over 25 years of clinical experience. She earned her Psy.D. in Clinical Psychology from Illinois School of Professional Psychology, a Ph.D. and M.A. in Cognitive Psychology from Loyola University Chicago, and her B.A. in Psychology from the University of Arizona. Dr. Monti treats children, adolescents, adults, older adults, and families and provides individual, family, and group psychotherapy, as well as psychological and neuropsychological assessment. Her specialties include individual, family, and group therapy, mood and anxiety disorders, trauma, eating disorders, and cognitive changes with aging. She also serves as a clinical supervisor for doctoral-level students.



Monica Zabinski, Psy.D., LCPC

Monica Zabinski, Psy.D., LCPC, is a licensed clinical psychologist and licensed clinical professional counselor. She earned her Psy.D. in Clinical Psychology from Illinois School of Professional Psychology at National Louis University and her M.A. in Clinical Psychology from Roosevelt University. Dr. Zabinski treats children, adolescents, adults, older adults, and families and provides individual, family, and group psychotherapy. Her specialties include depression, anxiety, identity development, work-related stress, life transitions, and psychological assessment. She also provides supervision and mentorship to clinicians as Director of Clinical Training.

Bilingual: English and Polish