



14 Brink Street
Crystal Lake, IL 60014

OUR MISSION

Our mission is to provide consistently excellent mental health services which are accessible, affordable, appropriate, and specific to the needs of our clients and their families.

Dr. Larry Gelman and Dr. Glenn Gelman each bring over 35 years of professional experience to help you and your loved ones.

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815-455-6736

A TRADITION OF EXCELLENCE



NORTHERN ILLINOIS COUNSELING ASSOCIATES, P.C.
14 BRINK STREET, CRYSTAL LAKE, IL 60014

NORTHERN ILLINOIS COUNSELING ASSOCIATES



Dr. Glenn B. Gelman * Dr. Larry B. Gelman

Northern Illinois Counseling Associates, P.C. [NICA] is a family owned and operated private counseling practice conveniently located in downtown Crystal Lake, Illinois.

Since 1979, we have successfully provided consistently excellent mental health services appropriate to the unique and special needs of our clients.

We love what we do and we care deeply about the people whose lives we are privileged to help.

Referrals and New Clients are Always Welcome

815-455-OPEN

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Adult Services

Northern Illinois Counseling Associates, P.C. [NICA] provides highly effective specialized counseling services for adults who encounter emotional distress associated with the challenges of living.

Our services are personalized and carefully determined by what each client needs.

Life may be viewed as a journey, but for many of us, that journey can be hard, often painfully hard. Emotional

difficulties and unanticipated crises will often push us to our outer limits.

Sometimes, life's adversities represent hidden psychological opportunities. Consequently, psychological distress may serve a purposeful, if painful, bridging experience to deeper understandings about ourselves. In turn, these insights and the changes that follow can often lead to profound emotional *healing* along with enduring healthy life transformations.

At other times, problems can become so overwhelming that symptom relief must precede problem resolution. Here, the pressing psychological challenges we face may exceed our ability to cope, tolerate and persevere. Simply stated, there are times we have to *feel* better before we can *be* better.

Change is rarely simple or easy. Change often takes courage, support, and professional guidance.



At NICA, we help our clients rapidly move toward self-discovery, personal growth, and responsible life choices, with a specific emphasis on healthy outcomes and positive results.



Couples and Relationships

There is nothing more rewarding or frustrating than the journey of two people who are in a committed, mature, healthy long-term, adult-adult relationship.

Most of us dream of living happily ever after with our "soul-mates," but even the most successful couples will encounter problems throughout the life-cycle of a relationship.

Relationships are hard work!

They require continuing effort each and every moment, each and every day, every day, all the days of our lives. A "50-50" effort will only yield a 50-50 outcome.

Sadly, couples often delay in obtaining competent professional help until it is "too late." By then, there may be so much emotional damage that attempts at reconciliation seem impossible.

NICA provides 'no-fault,' highly specialized, results-oriented counseling services for couples who encounter problems in their relationships.

Services are based on each couple's unique needs, values, problems and their goals.

We help couples repair, rebuild and renew their lives, their marriages and their relationships.



Marriage

"We Know How to Make Relationships Work"



Testing Center

NICA's Testing Center utilizes many of the newer and most well-respected psychological tests and measures to provide rapid, accurate, and meaningful assessment results.

We take the testing process one step further and provide specific "recommendations for consideration" for each client so that test information can be immediately utilized.

There are several reasons why people seek psychological testing. For some clients, an accurate diagnosis can be clarified through testing, the importance of which cannot be underestimated.

Decisions about the use of medications, surgery, or other health and mental health related interventions are often guided by psychological testing.

Doctors, therapists, counselors, and other professionals have referred their clients to NICA's Testing Center for second opinions, differential diagnosis, and treatment planning.

Some clients want to know more about themselves - about the deeper nature of their problems - or of their personality.

Special services and benefits may be contingent on results from psychological testing, such as social security disability income (SSDI), work-related accommodations (ADA) and academic assistance (IEP/504 plans).

Testing can also help adolescents and adults make decisions about careers. Skills, interests, values, and abilities can be matched with rewarding career paths and positions.

With our powerful compatibility assessments, couples can quickly learn about relational strengths and weaknesses, existing or potential problem areas, and discover effective steps toward improving their relationships.

NICA's **Testing Center** provides comprehensive and targeted psychological, psycho-educational, cognitive, and diagnostic evaluations for adults, adolescents and children.