

Erin Hankins Meagher, MA, LCPC

Clinical Supervisor

Counselor / Mental Health Therapist

GreenPath Clinic

Erin Hankins Meagher received her Master's Degree in Clinical Psychology with specialization in Counseling from the Chicago School of Professional Psychology. She obtained a Bachelor's Degree in Psychology from the University of Washington in Seattle, Washington. She has experience working with college students dealing with depression, anxiety, academic difficulties, self-esteem issues, and career counseling decisions at Concordia River Forest. Erin also has experience working with adults providing crisis intervention. Erin's areas of clinical expertise and interest are working with adults who are experiencing such issues as depression, anxiety, low self-esteem, and infertility. She has also completed training in Gottman Marital Therapy to specialize in working with couples.

Erin believes a trusting relationship with your therapist is one of the most important aspects of therapy so she strives to create a safe and trusting space to get to know her clients and understand their needs. For change to occur, clients must feel comfortable expressing their wants and desires and feel that their therapist is trustworthy, authentic, and supportive. In therapy, Erin utilizes a combination of Cognitive Behavioral Therapy, Solution Focused techniques, and mindfulness to help clients find effective solutions that fit their lives and to pursue healthier ways of coping to meet their goals

Originally from Seattle, Washington Erin moved to Chicago to pursue her graduate degree. In her free time, she enjoys spending time with family and friends, cooking and trying new recipes, reading, and playing the piano.

Her favorite quotes are: "*You only live once, but if you do it right, once is enough*" from Mae West and "*Change your thoughts and you change your world*" from Norman Vincent Peale.