

## Our Mission

To help people master stress and anxiety and strengthen their relationships so they can win in life.

You know how more people are experiencing anxiety, depression and isolation? It is our mission to help you master stress and anxiety and strengthen your relationships. If you would like to schedule a session, email us at [drmecozzi@gmail.com](mailto:drmecozzi@gmail.com) or call us at (815) 496-0820. We will then contact you to schedule the first session. You don't have to keep struggling with depression and anxiety, a fight that only leads to fatigue and discouragement. We want to join you on your journey and help you experience joy, peace, and vitality.

Whether working with individuals, families, or couples it is of the utmost importance that the therapy experience be one that is safe, supportive and encouraging. The therapy experience is about learning to transcend our circumstances in order to find hope in the journey through life. Through therapy we discover that joy can be found even in the midst of life's greatest challenges. Ultimately, therapy is a place where people move forward in their life, goals are achieved, individuals thrive, and relationships are restored.

We look forward to developing a comfortable and collaborative relationship with you, as we journey together to help you pursue your values and achieve your goals.



## Keynote Speeches and Workshops

It is our mission to help people live with hope and purpose, and we want to expand this mission beyond the therapy office. We offer the following keynote speeches and workshops, and we are also happy to work with you to develop a keynote or workshop specifically for your event.

### RELAX: Five principles to master stress and anxiety

Stress and anxiety are on the rise. And often it seems that our efforts to eliminate our worries and fears only cause more stress. In RELAX, you'll learn five strategies to master stress and anxiety, so that you can then focus your time and energy on the people and activities that mean the most to you.

### The Tortoise and the Hare Retold: Learning to Run and Win the Races that Matter

Do you ever feel like you're running a sprint, but not getting where you want to be? In this keynote, you'll learn about the common races that people run that often result in discontentment and dissatisfaction, and then you'll learn about the four races that result in wellbeing and vitality. Find out the specific actions you can take today to win in life! This keynote is based on Dr. Mecozzi's second book with the same title.

### Lead Well by Leading Yourself Well

Great leaders encourage, inspire, and uplift others. But in order to help others grow and transform, a leader must first be able to lead themselves well. Participants will learn how to clarify their values, master the negative thoughts and feelings that can interfere with leadership, and learn how to engage in actions that promote wellness for themselves and their teams.

## Contact Us

(815) 496-0820 | [drmecozzi@gmail.com](mailto:drmecozzi@gmail.com)

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New Lenox, IL 60451



Are you tired  
of struggling  
with anxiety and  
depression?

Do you want to  
strengthen your  
relationships?

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# Our Services



## Therapy

Therapy is a collaborative, invigorating journey that will focus on achieving your goals, strengthening your relationships, and reducing the grip that anxiety and depression hold over your life.



## Keynote Speeches, Presentations and Workshops

We want to expand our mission beyond the therapy office, and bring these life-giving principles to your workplace, your business, your conference, your church, your ceremony, or to wherever else you want us to present.



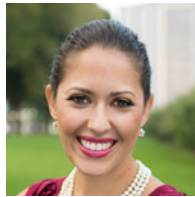
## Supervision

To help the most people live with hope and purpose it must go beyond the three of us. That's why we're excited to offer supervision to students and professionals who are interested in learning Acceptance and Commitment Therapy (ACT).



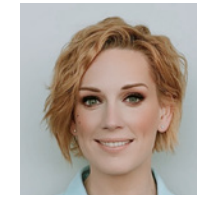
### Dr. Michael Mecozzi

is a licensed clinical psychologist, author, and speaker. He uses cognitive-behavioral therapy approaches, including Acceptance and Commitment Therapy. This approach focuses on identifying solutions to present problems by helping you live consistent with your values, even while experiencing difficult thoughts, feelings and memories. Dr. Mecozzi's philosophy is that it is our struggle to get rid of our anxiety and depression that actually worsens our anxiety and depression. Dr. Mecozzi will teach you how to develop a new relationship with your anxiety and depression, so you can experience more hope, contentment and fulfillment in your life.



### Dr. Aimee Echevarria,

better known to her clients as "Dr. E," is a bilingual (Spanish), bicultural licensed clinical psychologist. From Dr. E's perspective, depression, anxiety, and loneliness distort how we see our relationships, our circumstances, and ourselves. The result: relational conflict, lack of life-satisfaction and loss of direction. Dr. E's interest is to help you learn how to develop self-confidence, improved communication, and greater personal fulfillment.



### Dr. Emily Sproule

As a therapist, it is my privilege to walk with you down the winding pathways of your journey. Together, we will learn about meaning-making, your values, and how you experience your challenges.

Acceptance and Commitment Therapy will primarily be utilized as a means of discovering how to increase your strengths, mental stamina, and emotional awareness in order to work through challenges, grow within, and deepen your experience of hope once again.

Dr. Sproule specializes in working with adult women experiencing anxiety, past trauma, moral injury/ moral distress or relationship challenges. Dr. Sproule helps her clients no longer be defined by their past so they can flourish in the future.

