



# Our 10th Anniversary Newsletter

## ~ A Place to Grow ~

*"The true meaning of life is to plant trees, under whose shade you do not expect to sit."*

*Nelson Henderson*

*"There are two ways of spreading light – to be the candle or the mirror that reflects it."*

*Edith Wharton*

*"Life is about not knowing, having to change, taking the moment, and making the best of it, without knowing what's going to happen next."*

*Gilda Radner*

On the occasion of our 10<sup>th</sup> anniversary, I consider how fortunate I am. The quotations herein inspire me to think about the infinite ways in which our relationships with one another shape who we are, who we strive to be, whether and how we grow, what and who we cherish, and what we are able to offer to others and our world. We have come to refer to our practice as "A Place to Grow," both as a reflection of who we are and how we view ourselves and our work.

*"I can no other answer make, but, thanks, and thanks." William Shakespeare*

I write mostly to express my thanks to you—clients, staff, mentors, and colleagues—for all the ways in which you have helped to shaped the nature and course of my work. You have profoundly influenced the choices I have made in expanding the practice and the services and resources we provide. I appreciate everything you have taught me, every mistake you have forgiven, and every way in which you have encouraged and supported me during this journey. I thought I would briefly share with you the story of how we came to be here, in the spirit of humility and gratitude. Here's our story:

*"Whenever I have knocked, a door has opened. Wherever I have wandered, a path has appeared." Alice Walker*

I opened the door to my practice with the hope that someone would enter. At my side was my first employee, Office Manager Erica Drzonek (now Dr. Drzonek-Edwards, my Practice Manager and a member of our clinical staff), one of my previous students, who had recently graduated as Dominican University's outstanding psychology student. Erica's office was no larger than a closet, yet she worked miracles in that tiny space, creating the foundation for our practice that would sustain us in years to come. Erica really is a miracle-worker, as she has supported the growth, as well as the intentional wanderings of our practice with grace and wisdom and good humor and resourcefulness beyond measure. Along the way, Erica completed her professional doctorate in clinical psychology, and now sees clients, in addition to her miracle-working practice management work.

Back to my story: We quickly became busy, and I opened the door a bit wider, welcoming in two additional clinical staff, Dr. Dan Kelly and Dr. Erin Marek (now Dr. Marek-Krawczyk), both completing their graduate work at the time (and also previously my students at Dominican University). Dan and Erin provided much-needed behavioral interventions for children and adolescents within the Autism Spectrum. Over time, Dan has developed extraordinary clinical skills in working with these clients and their families, along with others who struggle with emotional regulation of all kinds. Likewise, Erin has developed an outstanding clinical skill set, especially in working with children, adolescents, and young adults with anxiety, depression, chronic illnesses, and traumatic injuries. Erin also is the first contact with all new requests for referrals to our practice, assisting me in linking our clinical staff with new clients, also helping clients navigate initial contacts with insurance.

At about the same time, Erica moved from her closet-office to a larger room, and we opened the door again, welcoming in additional administrative support, in the form of

### Also in this issue:

Upcoming events at TMS

News from the Practice: Holiday Giving

Matching Game: Get to know our team!

## A Place to Grow, continued...

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Jennifer Katele (another previous student from Dominican University, and also honored as an outstanding psychology student). Jennifer worked with us for many years, taking on and excelling in the full-time job of billing and insurance for our practice. Jennifer is now pursuing her doctorate degree in clinical psychology in Wisconsin.

Okay, you get the connection here...It's only proper to share *the "Caritas Veritas" of the Dominican University Mission Statement*, as it is so imbued in these fine individuals who have been a part of my practice:

***"...To pursue truth, to give compassionate service, and to participate in the creation of a more just and humane world..."***

And, there were more! Another previous Dominican University student (who later earned her MA in clinical psychology), Ms. Helen Jonas, also joined our practice to help with administrative tasks and facilitate social skills and Tourette Syndrome support groups; over time, Helen also conducted clinical intakes. Helen is now a clinical intern on our staff, providing excellent clinical assessment and therapeutic services for children and adolescents, while preparing for her licensure exam as a Licensed Clinical Professional Counselor (LCPC).

During this time, Mrs. Lucia (Lou) Giuffre (with a daughter attending Dominican University) also joined us to help Erica and Jennifer and Helen with administrative work. Lou quickly became known to and beloved by our clients as "the voice" of our practice, making our reminder calls, and assisting with billing and insurance work. Lou retired last year, devoting herself now to her family and other personal pursuits.

Around this same time, our Dominican University connection continued to open doors for our practice, as we welcomed another previous student, Ms. Melissa Griffith, MA in Special Education, now Melissa Lofton, with an additional credential as a Board Certified Behavioral Analyst (BCBA). Melissa brought highly developed skills in behavioral interventions for individuals with special needs. Melissa now offers specialized clinical services (via Applied Behavioral Analysis), targeting the developmental needs of individuals within the Autism Spectrum, and related supports for their families.

As we continued to grow, we happily welcomed Dr. Jennifer Roberts into our practice. (Nope, not one of my previous Dominican University students, but known by Dr. Kelly, as he and Jen had worked together on their pre-doctoral internship). Jen began working for us part-time, and quickly established herself as an expert in work with adults, couples and families, particularly those experiencing life transitions or traumatic life events. Jen has since joined us full-time, bringing her exceptional clinical skills, reason, and grace to our work.

As we continued to expand, we enthusiastically opened our door to Dr. Michelle Lee, a full-time professor and board-certified Clinical Psychologist whose teaching and research focus on adult development and aging, and who joined us as a part-time member of our clinical staff. Michelle provides expert clinical services to adults in our practice, professional educational workshops, and consultative services for practice management issues.

We also were fortunate to open our door in an entirely different way during this time, providing a clinical training practicum for graduate students. To that end, we welcomed in Holly Sarah Gomez (now Dr. Holly Sarah Johnson), who completed her diagnostic clinical practicum with us, offering high-quality, low-cost evaluations and supportive interventions to child, adolescent, and adult clients. Dr. Johnson subsequently completed her clinical training in forensic clinical psychology, and now is pursuing a variety of special training opportunities in this clinical area of expertise.





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***“Grace...is a way to live...” Jacqueline Winspear***

It was easy for us to open the door and welcome Ms. Diana Coates (MA, Pastoral Counseling; Grief Counselor; Expert in Yoga, Meditation and Mind-Body Work). When you meet Diana you immediately sense her grace, sensitivity, and deep spiritual nature, which she brings so skillfully to her work with individuals and groups in our practice.

Diana’s presence also made it easy for us to open another door more recently to welcome Ms. Margaret Brennan, D.Min. (who previously worked in Campus Ministry at Dominican University), as a clinical intern in our practice. Margaret is pursuing her MA in Pastoral Counseling, along with preparing for her LCPC. To that end, Margaret is working with individual clients in our office, bringing her wisdom and extensive experience to this therapeutic work, as well as specialized life transition and grief/loss work with older adults in individual and group settings.

***“Let no one ever come to you without leaving better and happier.” Mother Teresa***

I would be remiss if I did not acknowledge several clinical staff who helped us along the way, offering their clinical skills and collegiality for briefer periods of time during our journey. I thank each of them for their contributions to our work. I extend my sincere thanks to: Dr. Nora Mariduena (yup, one of my previous students from Dominican University), who now specializes in adolescent residential care and mental health insurance review; Dr. Mitchell Sandy, who is now one of the Senior Clinical Administrators at a residential home for children and adolescents in Chicago; Ms. Kate Wilford, Licensed Clinical Social Worker (LCSW), Registered Play Therapist (RPT), who specializes in play therapy with very young children who have experienced trauma; and Ms. Nicole Clarizio, LCPC, who provides agency-based therapeutic services to individuals, families, and groups with special developmental needs.

I also wish to thank two additional staff, who helped us in times of great need, with our administrative work: Ms. Brooke McMillin, who stepped in briefly during our time of settling into our current Hinsdale location and the opening of our Forest Park satellite office, and Ms. Meghan Grant, who provided a much-needed bridge for us during recent transitions to an electronic scheduling system and a new billing service. I appreciate all of their efforts and contributions during these challenging times.

***“Just don’t give up trying to do what you really want to do. Where there is love and inspiration, I don’t think you can go wrong.” Ella Fitzgerald***

And now, back to my story: Not too long before the aforementioned transitions, we found ourselves at a crossroads, not certain of our direction. After much discernment and a hefty dose of hopefulness, we committed to doing what we really wanted to do: Expanding our services and outreach to the community. To that end, we opened our door in search of additional clinical staff. We happily welcomed Dr. Matt Ross (who had worked with Erica at a not-for-profit agency serving children and adolescents in Chicago Catholic schools) to our practice. Matt brought a particularly thoughtful sensibility to our clinical work, and has distinguished himself in his superb assessment and therapeutic work with adults, couples, and families.

Not long thereafter, we had the equally good fortune of opening our door to another clinical staff member, Ms. Pam McQuaid, LCSW. Any of you who have met Pam know that she possesses unique and remarkable skills as a clinician, consistent with her pragmatic, yet hopeful outlook on life. Pam is now a full-time member of our staff, working with children and young adults and their families often experiencing extremely stressful life circumstances.

During the last year, we opened our door again to welcome another clinical staff member, a colleague of Pam’s (and now ours as well), Ms. Karen Shockley, LCPC. Karen’s primary work is as the Clinical director of a local university’s student counseling services. Karen brings her excellent clinical skills to our practice in her work with young and middle-aged adults, as well as couples.

## A Place to Grow, continued...

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*“Unless someone like you cares a whole awful lot, nothing is going to get better. It’s not.” Dr. Seuss*

And now my story comes *almost* full-circle, to our most recently opened door—the welcome of Ms. Susan Beach, our Office Manager who joined us earlier this year. Susan stepped in to our practice at a time of intense upheaval and change, and smoothed the turbulent waters almost immediately. (We’re still looking for her magic wand!). We are grateful for Susan’s presence, as she cares a whole lot about you, and about what happens here. Susan brings her compassion, patience, sensitivity, and expert administrative management skills to our practice.

*“If the only prayer you said in your entire life was ‘thank you,’ that would suffice.”*

*Johannes “Meister” Eckhart*

I conclude my story with another thank you to everyone mentioned here, and most especially to Dr. Erica Drzonek-Edwards. I am keenly aware that I would not be here—our practice would not exist in its present form—without Erica’s incredible devotion and care and commitment and absolutely unbelievable amount of work on behalf of you and our practice. All of us here know that Erica is at the heart of our practice. While we help to keep it beating, Erica provides the pulse for us all. I hope that my prayer of “thank you” is enough, on behalf of the entire staff, as an expression of our deepest appreciation.

*“The only people with whom you try to get even are those who have helped you.”*

*John E. Southard*

The end of my story is really yet another door opening...to you. How do I ever get even with you for the many ways in which you have helped me? I doubt that it is possible, but please know that I will keep trying. You are why I and my staff are here. We consider our work to be a privilege, and we are ever-grateful for the opportunity to work with you and help you on your life journey.

Thank you. Thank you. And, thank you again.

Warmest regards,

Doc TMS



## DOC TMS & ASSOCIATES MATCHING GAME

Our clinical and administrative staff are a bunch of very interesting people. See if you can figure out who did what by playing our matching game below!

<ol style="list-style-type: none"> <li>1. Ms. Margaret Brennan</li> <li>2. Ms. Susan Beach</li> <li>3. Ms. Diana Coates</li> <li>4. Dr. Erica Drzonek-Edwards</li> <li>5. Ms. Helen Jonas</li> <li>6. Dr. Dan Kelly</li> <li>7. Dr. Michelle Lee</li> <li>8. Ms. Melissa Lofton</li> <li>9. Dr. Erin Marek-Krawczyk</li> <li>10. Ms. Pam McQuaid</li> <li>11. Dr. Jennifer Roberts</li> <li>12. Dr. Matt Ross</li> <li>13. Dr. Theresa Schultz</li> <li>14. Ms. Karen Shockley</li> </ol>	<ol style="list-style-type: none"> <li>A. Had 3 pet snails in college named Snap, Crackle, and Pop</li> <li>B. Owns a guitar made of Perabo, a rainforest wood</li> <li>C. Played piano since age 5</li> <li>D. Snorkeled the Great Barrier Reef</li> <li>E. Drove a cab in Chicago</li> <li>F. Scooped ice cream all through High School</li> <li>G. Was chauffeured by a United States Senator for High School dances</li> <li>H. Fostered over 200 kittens for a no-kill shelter</li> <li>I. Has gone sky-diving 5 times</li> <li>J. Placed 3<sup>rd</sup> in the City of Chicago 50-yard dash at age 11</li> <li>K. First car had a radio that needed to be “kick started” to play</li> <li>L. Is wild about Sponge Bob Square Pants</li> <li>M. Was a missionary on the Caribbean Island of St. Lucia one summer during High School</li> <li>N. Favorite group in High School was “The Supremes”</li> </ol> <p>(see answers on back page)</p>
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### MARK YOUR CALENDARS!!

*We are pleased to offer FREE Community Education Programs at our Hinsdale Office*  
**Understanding Fibromyalgia**

**Date:** Wednesday January 29<sup>th</sup>, 2014 **Time:** 7:00-8:00 p.m.

Join Dr. Matthew Ross in a discussion of the syndrome's physical symptoms, treatments, current research, and social/emotional impacts. Learn more about treatment options, reputable educational resources, and supports.

### **The Role of Chiropractic in Overall Self-Care**

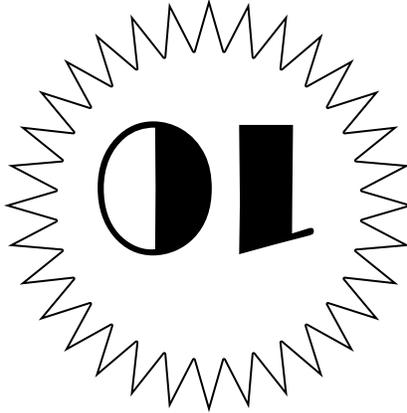
**Date:** Monday, February 10th, 2014 **Time:** 6:30-7:30 p.m.

Dr. Mackenzie McNamara of *Downers Grove Chiropractic Clinic* will visit our Hinsdale office to provide this free talk. Learn more about the three root causes of stress (structural, nutritional/chemical, and emotional) and how these factors can impact overall health and wellness. Also, learn how to identify and address stress in the body with targeted nutrition and holistic treatment approaches.

*Time will be allotted for questions & answers at the end. Space is Limited. RSVP is appreciated but not required.*

**Contact:** Ms. Susan Beach, Office Coordinator at 630.323.3050 or [stafftms@sbcglobal.net](mailto:stafftms@sbcglobal.net)

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TMS PSYCHOLOGICAL SERVICES  
THE OFFICES OF DR. THERESA SCHULTZ AND ASSOCIATES  
15 SPINNING WHEEL ROAD  
HINSDALE, IL 60521



## 2013 Holiday Charitable Activities

This year, we will continue our annual holiday tradition of collecting items for those in our communities who are in need. Throughout the winter months, we will be accepting donations of the following items:

- o New or gently used warm winter wear (e.g., hats, scarves, gloves)
- o Travel size personal hygiene products (e.g., soaps, shampoo, toothpaste)

You will find labeled donation bins in both our Hinsdale and Forest Park offices. Any items you can contribute are greatly appreciated. All of our collections will be delivered to neighborhood food pantries and shelters, throughout the winter months.

Thank you for giving to others in need. May what you give bring you joy.

Dr. Theresa M. Schultz & Associates

### Answers to Matching Game

Answers: 1 (G), 2 (E), 3 (J), 4 (L), 5 (K), 6 (B),  
7 (N), 8 (I), 9 (F), 10 (H), 11 (M), 12 (C), 13  
(A), 14 (D)

