

## ZACH SIKORA PSYD

Northwestern Medicine  
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Dedicated and experienced Clinical Psychologist with a diverse range of clinical skills and leadership in the behavioral health and medical settings. Passionate about leading efforts to de-stigmatize mental health and collaborate with other professionals and the world at large about mental health topics.

### PROFESSIONAL EXPERIENCE

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- 2013 - Present      **Northwestern Medicine**  
Medical Director of Psychology (May 2020 - Present)  
Clinical Psychologist (2013 - Present)  
Training Director of Psychology (2013 - 2018)
- 2013 - Present      **Sikora Health Services**  
Private Practice Psychologist (2013 - Present)
- 2008 - 2015        **College of Lake County**  
Adjunct Instructor in Psychology (Aug 2008 - May 2015)
- 2012                **Rosalind Franklin University Health System**  
Therapist & Clinical Psychologist (Aug 2012 - Dec 2012)
- 2011 - 2012        **Anxiety Centers of Illinois**  
Clinical Professional Counselor (Aug 2011 - Dec 2012)
- 2009 - 2011        **Center for Anxiety & Obsessive Compulsive Disorders**  
Professional Counselor (June 2009 - Aug 2011)

### EDUCATION

- 2011 - 2012        **Postdoctoral Fellowship**  
Rosalind Franklin University Health System, North Chicago, IL
- 2011                **Psy.D. in Clinical Psychology**  
Illinois School of Professional Psychology, Schaumburg, IL  
Predoctoral Internship at Butler University Consortium (APA Approved),  
Indianapolis, IN
- 2008                **M.A. in Clinical Psychology**  
Illinois School of Professional Psychology, Schaumburg, IL

2006                      **B.A. in Psychology**  
DePaul University, Chicago, IL

## **LICENSE & CERTIFICATIONS**

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2012                      **Licensed Clinical Psychologist**  
State of Illinois # 071008440

2016                      **Certificate in Primary Care & Behavioral Health**  
University of Massachusetts Medical School, Worcester, MA

2014                      **Certificate in Integrated Behavioral Health & Primary Care**  
University of Michigan, Ann Arbor, MI

## **CONFERENCE PRESENTATIONS**

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Sikora, Z. J. (2018). Depression and suicide across the school continuum. Professional presentation at the School Health Professional Symposium in Huntley, IL, January 28.

Sikora, Z. J. (2016). *Suicide: Assessment and Intervention in the Primary Care Setting*. Breakout session presented to mental health and medical professionals at the Keep Hope Alive: Breaking the Silence A Suicide Prevention Conference hosted by the McHenry County Suicide Prevention Task Force in Crystal Lake, IL, September 9.

Sikora, Z. J. (2014). *Anxiety in children across the school continuum*. Professional presentation at the McHenry County School Health Professional Conference in Crystal Lake, IL, October 10.

Sikora, Z. J. (2014). *Psychological aspects and implications of pain*. Professional presentation at the Centegra Health System Nurses' Symposium in Crystal Lake, IL, October 3.

Sikora, Z. J., Ivanovic, M., & Modica, C. (2010). *Understanding university student psychological needs: Understanding, identifying, intervening, and referring*. Presentation given at the Indiana Student Affairs Association 2010 conference in Indianapolis, Indiana.

## **PROFESSIONAL SEMINARS & WORKSHOPS**

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Sikora, Z. J. (2016). *Integrated behavioral healthcare*. Didactic seminar presented to pre-doctoral psychology interns at Butler University in Indianapolis, IN, May 14.

Sikora, Z. J. (2015). *Integrated behavioral healthcare*. Didactic seminar presented to pre-doctoral psychology interns at Butler University in Indianapolis, IN, November 6.

Sikora, Z. J. (2014). *Exposure and response prevention for obsessive-compulsive disorder*. Didactic seminar presented to pre-doctoral psychology interns at Butler University in Indianapolis, IN, November 21.

Sikora, Z. J. (2014). *Exposure therapy for the anxiety, obsessive-compulsive spectrum, and trauma- & stressor- related disorders*. Clinical workshop presentation given to behavioral health professionals at Centegra Behavioral Health Hospital in Woodstock, IL, February 20.

Sikora, Z. J. (2013). *Psychological disorders in school-aged children: An introduction to diagnosis and implications on learning*. Professional presentation at McHenry County School Health Professional Seminar: Focus on Behavioral Health at McHenry County College in Crystal Lake, IL, October 29.

Sikora, Z. J. (2013). *Exposure therapy for the anxiety disorders*. Professional presentation serving as continuing medical education for mental health professionals at Centegra Behavioral Health Hospital in Woodstock, IL, October 2.

Sikora, Z. J. & Prepejchal, J. (2013). *Back-to-school anxiety*. Professional presentation to community at Centegra Health Bridge in Huntley, IL, August 15.

Sikora, Z. J. (2013). *Exposure and response prevention treatment for obsessive-compulsive disorder*. Guest lecturer at the Illinois School of Professional Psychology in Schaumburg, IL, August 6.

Sikora, Z. J. (2013). *Improving your self-talk to reduce stress and anxiety*. Professional seminar presented at Centegra Health System's Nurses' Week in Woodstock, IL, April 18.

Sikora, Z. J. (2013). *Worried sick: How to fight free from fear and anxiety*. Professional seminar to congregation of Redemption Bible Church in Mount Prospect, IL, April 13.

Sikora, Z. J. (2013). *Improving your self-talk: Reducing stress and anxiety*. Professional presentation to community at Del Webb Sun City in Huntley, IL, March 21.

Sikora, Z. J. (2013). *Worried sick: Strategies to help parents recognize and manage their child's anxiety*. Professional presentation given to national organization for mothers (Mothers Of Preschoolers/ MOPS) in Lake Zurich, Illinois, February 21.

Sikora, Z. J. (2013). *Obsessive-compulsive disorder*. Continuing education workshop series for hospital associates in Woodstock, Illinois, February, 14 & 19 and March 6.

Sikora, Z. J. & McGrath, P. B. (2013). *Anxiety Disorders: 2013 clinical workshop series*. Professional presentation for the Illinois Psychological Association presented to clinical psychologists in Chicago, Illinois, February 13.

Sikora, Z. J. (2013). *Improving your self-talk; Reducing stress and anxiety*. Professional presentation to community at Centegra Health Bridge in Huntley, IL, January 30.

Sikora, Z. J. (2012). *Worried sick: Strategies to help parents recognize and manage their child's anxiety*. Professional presentation presented at Rosalind Franklin University Health System Behavioral Health Center, Vernon Hills, IL, March 7.

Sikora, Z. J. (2012). *Exposure therapy for anxiety disorders: Implementation and challenges in the university counseling center setting*. Professional seminar for pre-doctoral interns at Butler University, Indianapolis, IN, May 4.

Sikora, Z. J. (2012). *Overcoming test anxiety*. Professional presentation to incoming students at Rosalind Franklin University of Medicine and Science, North Chicago, IL, June, 10.

Sikora, Z. J. (2012). *Avoiding avoidance: Practical strategies to lower anxiety*. Psychoeducational seminar presented to the community at Rosalind Franklin University Health System, Vernon Hills, IL, August 28.

Sikora, Z. J. (2011). *Overcoming test anxiety*. Professional presentation to students in the Biomedical Science program at Rosalind Franklin University of Medicine and Science, North Chicago, IL, November 15.

## REFERENCES

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Paul Berkowitz, M.D.  
Director of Behavioral Health  
AMITA Mercy Medical Center  
1325 East Highland Avenue  
Aurora, IL 60506  
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