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ZACHARY SIKORA PSYD

SUMMARY

Senior Behavioral Health Clinical Director and Clinical Psychologist with experience leading psychology services in a large, integrated health system. Brings a strong clinical foundation in evidence-based assessment and treatment alongside proven leadership in program development, clinical operations, multidisciplinary team growth, and integrated behavioral health strategy. Known for clear, accessible behavioral health communication and ready to expand leadership impact at the enterprise level.

PROFESSIONAL EXPERIENCE

NORTHWESTERN MEDICINE

Medical Director of Psychology (May 2020 - Present) Senior clinical leader overseeing psychology services across the Northwestern Medicine northwest region, responsible for clinical strategy, program development, workforce leadership, and integrated behavioral health expansion.

- *Program Development:* Designs and expands evidence-based behavioral health programs across multiple outpatient clinics, strengthening access to high quality mental health services, standardizing treatment pathways, and improving consistency of care delivery across the region.
- *Clinical Operations:* Directs clinical operations for a multi-site psychology service line, establishing standardized assessment, documentation, and care coordination workflows that improved efficiency and enhanced the overall patient experience.
- *Integrated Behavioral Health Strategy:* Leads integrated behavioral health initiatives across primary care and numerous specialty service lines, increasing collaboration between medical and behavioral health teams and improving early identification and coordinated care for complex patients.
- *Workforce Development:* Oversees workforce development for psychologists, therapists, and support staff, strengthening clinical readiness, professional growth, and consistency of care delivery through structured supervision, coaching, and competency based training aligned with evidence based practice.
- *Cross-functional leadership:* Partners with physician leaders, nursing, operations, and executive leadership to align behavioral health strategy with organizational priorities, influencing care delivery across a large regional patient population.
- *Quality improvement:* Directs quality-improvement initiatives focused on access, outcomes, care coordination, and patient experience. Uses clinical and operational data to identify gaps, implement evidence-based improvements, and strengthen continuity of care across the region.
- *Enterprise collaboration:* Represents psychology at system level leadership councils, contributing to strategic planning, service line development, and enterprise behavioral health initiatives. Translates frontline clinical insights into organizational strategy and informed decisions related to access, workforce planning, and integrated care expansion.

Clinical Psychologist (2013 - Present) Provides evidence-based psychological assessment and psychotherapy within an integrated medical setting.

- Specializes in CBT and exposure based treatment for anxiety disorders, panic disorder, OCD, and phobias, consistently achieving strong clinical outcomes for adults with complex presentations.
- Conducts diagnostic evaluations and provide consultation to medical providers, improving diagnostic clarity, treatment planning, and management of psychosocial factors affecting medical care.
- Supports medical teams by addressing behavioral factors associated with chronic illness, enhancing adherence, coping, and adjustment for patients with comorbid medical conditions.

Training Director of Psychology (2013 - 2018) Developed and directed graduate psychology training programs for master's and doctoral students.

- Built training and supervision frameworks that strengthened trainee competencies in assessment, diagnosis, psychotherapy, and evidence-based practice.
- Partnered with academic programs and interdisciplinary teams to deliver integrated training experiences that prepared clinicians for work in medical-behavioral health settings.

SIKORA HEALTH SERVICES

Private Practice Psychologist (2013 - Present)

- Provides evidence-based psychotherapy for anxiety disorders, mood disorders, and OCD, integrating CBT and exposure-based approaches to help patients build resilience and long-term symptom reduction.
- Specializes in the treatment of anxiety disorders across diverse presentations, offering structured, research-driven interventions tailored to individual needs.
- Delivers psychological consultation for television, news outlets, podcasts, and print media; featured in Fear Factor: House of Fear (Seasons 1 & 2), The New York Times, and Men's Health Magazine as a consultant on fear, anxiety, and human behavior.

COLLEGE OF LAKE COUNTY

Adjunct Instructor in Psychology (Aug 2008 - May 2015) Taught Introduction to Psychology and Abnormal Psychology as an adjunct instructor, delivering clear, engaging, evidence-based coursework that strengthens students' foundational understanding of psychological science.

ROSALIND FRANKLIN UNIVERSITY HEALTH SYSTEM

Therapist & Clinical Psychologist (Aug 2012 - Dec 2012) Provided psychotherapy to adults and adolescents in outpatient and university counseling settings, treating a wide range of psychological concerns with evidence-based interventions.

ANXIETY CENTERS OF ILLINOIS

Clinical Professional Counselor (Aug 2011 - Dec 2012) Provided specialized treatment for anxiety disorders in a private practice setting, using CBT and exposure-based interventions to help clients reduce avoidance, build tolerance, and regain functional control.

CENTER FOR ANXIETY & OBSESSIVE COMPULSIVE DISORDERS AT ALEXIAN BROTHERS BEHAVIORAL HEALTH HOSPITAL

Professional Counselor (June 2009 - Aug 2011) Delivered intensive CBT and exposure-based interventions in partial hospitalization and intensive outpatient programs,

treating severe anxiety disorders through structured, high-frequency therapeutic work that supports stabilization and functional recovery.

EDUCATION

- 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

- 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

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

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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