

ZACH SIKORA PSYD

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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

- 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

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

Paul Berkowitz, M.D.
Director of Behavioral Health
AMITA Mercy Medical Center
1325 East Highland Avenue
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Shira Greenfield, LCPC
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1301 Pyott Road, #101
Lake In The Hills, IL 60156
(815) 735-6863

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Director/ Director of Training
Butler University Counseling & Consultation Services
530 West 49th Street
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Director of the Center for Anxiety and Obsessive Compulsive Disorders
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