



Individualized
treatment for, but
not limited to the
following:

- Depression
- Anxiety
- Marriage healing
- Affair recovery
- Postpartum care
- Reducing self-defeating behaviors
- Reducing self-destructive behaviors- including self-injury
- Family therapy
- Increase interpersonal effectiveness
- Learn emotional regulation skills- including anger management



Please call for an
appointment
today!

Phone:

Quinn Brennan MA,
LCPC

(847) 309-0972

Melissa Gonski MA,
LCPC

(630) 667-8411

1608 Colonial Parkway-
Suites 201 & 202,
Inverness, IL. 60067

IntegratedCounselingService.com



Integrated Counseling Services

Welcome to the
counseling practice
of Melissa Gonski
and Quinn Brennan!

Look inside to see
why we're different
from the others, and
how we strive to
make counseling
straight- forward
and accessible for
everyone!



Quinn Brennan,
MA, LCPC

"I've worked as a counselor in a variety of settings since 1998. My practice is based on collaboration with my clients. They can anticipate an honest, straight-forward interaction, that is relaxed yet challenging."

"I value the institutions of marriage and family. Building strong marriages and families is a personal passion of mine and one of the main reasons for being in the helping profession."

"My faith in Christ is foundational to my life and guides me in all areas. I believe all people strive for identity, value, meaning & purpose in their lives. I enjoy working with my clients on these areas, promoting not short-term fixes, but lasting change. I'd love to meet you- give me a call!"

Phone: (847) 309-0972



Melissa Gonski,
MA, LCPC

"I have been in the counseling field, in various settings, since 2006. In my practice, I have a direct and compassionate approach to therapy. I enjoy helping my clients identify and utilize their individual strengths to achieve their goals."

"I am passionate about working with children, families, and couples. I believe in working as a team to create a safe environment to nurture relationships at home that are long lasting."

"I believe in meeting people where they are at in their life, looking at barriers, and finding solutions. Feel free to call me with any questions!"

Phone: (630) 667-8411

Q&A

What happens when you go to counseling?

"The first meeting consists of introductions, describing the counseling process, discussing expectations and collection of pertinent information. I will answer any questions the client may have and familiarize them to the counseling experience."

Will they force me to talk about things I don't want to?

"Never. Counseling can be difficult at times, but worth the effort. I let me clients dictate the pace of their therapy, discussing what they need to, when they need to."

How long does someone go to counseling?

"This really depends on each individual person. What usually occurs is the client and myself will together determine when to terminate the therapy cycle. Fortunately, the door is always open if someone leaves and feels the need to come back to continue the work they started."