



Grace Tomas-Tolentino, Ph.D.



Anna Mazek-Vann, LCPC



Arti Persaud, LCPC

**Core Psychotherapy Center** has been providing mental health services in the Chicagoland area since 2000. We work from a cultural and gender sensitive perspective to provide services to diverse populations including adults, children, adolescents, couples, families, and the LGBTQ community. We also facilitate various trauma-focused psychotherapy groups. Treatment emphasizes validation, empowerment, and nurturance of an individual's capacity for healing and growth.

Dr. Grace Tomas-Tolentino is the founder and director of the practice. She works with adult survivors of childhood abuse and specializes in the treatment of PTSD, dissociative disorders, somatic disorders, self-injury, eating disorders, and other co-morbid disorders. She facilitates psychotherapy groups for women and men survivors of childhood sexual abuse. As an experienced trauma therapist and international trauma conference presenter, she offers individual supervision and consultation to mental health professionals looking to grow in this field.

Dr. Tomas-Tolentino works with a relational/attachment treatment approach and is trained in clinical hypnosis and somatic experiencing.

Anna Mazek-Vann, LCPC provides therapy to children, teens, and adults. Ms. Mazek-Vann has extensive experience working with complex trauma, intimate partner violence, childhood trauma, PTSD, grief and loss, substance abuse, mood disorders, anxiety, and depression. She creates an empathetic, supportive environment, focusing on the strengths of the patient and empowering the patient to make lasting changes. Ms. Mazek-Vann is trained in EMDR, crisis intervention, and is a National Adoption Specialist.

Arti Persaud, LCPC works with children, adolescents, and adults. Ms. Persaud specializes in working with survivors of intimate partner violence, teen dating violence, and complex child and adult trauma. She provides treatment for depression, anxiety, infertility, grief and loss, and sexual assault. She supports lasting change by creating a safe, non-judgmental space for patients. Ms. Persaud offers individual and group psychotherapy to transgender, gender non-conforming, gender expansive and nonbinary patients (adolescent and adult).



Core Psychotherapy Center  
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corepsychcenter.com

#### Specialty Areas

- Treatment for anxiety and mood disorders, eating disorders, substance abuse, sex addiction, PTSD, dissociative disorders, somatic disorders
- Couples and family counseling

#### Psychotherapy Groups

- Survivors of relational trauma (childhood sexual abuse, sexual assault, intimate partner violence)
- Transgender teens and adults