

J Cangialosi, LCPC



THERAPIST, LEARNING AND DEVELOPMENT
COORDINATOR – *Oak Brook, IL*

J Cangialosi is a licensed clinical professional counselor and a dedicated therapist at Relief Mental Health in [Oak Brook, Illinois](#). With more than a decade of experience in the field of mental health, J brings a wealth of knowledge and a compassionate approach to her practice.

J's extensive background in therapy, which includes almost 10 years at an employee assistance program, has equipped her with the skills to address a wide range of mental health diagnoses. She specializes in anxiety, depression, coping skills, relationship issues, self-esteem, insomnia and sleep problems, stress management, and more, offering valuable support to those navigating these complex conditions. J is comfortable and experienced in working with individuals across diverse sexual orientations, including LGBTQ+ identities.

J utilizes a variety of evidence-based treatment modalities to provide the most effective care possible. Her toolkit includes Cognitive

Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Motivational Interviewing, Rational Emotive Behavior Therapy (REBT), and Solution-Focused Brief Therapy (SFBT). This eclectic approach allows her to tailor her therapeutic interventions to meet each patient's unique needs.

Passionate about guiding individuals in making lasting and meaningful changes that ultimately lead to an improved quality of life, J helps patients explore the barriers that may be hindering their progress.

As a dedicated change agent, J meets her patients where they are, respecting their pace and journey. She is committed to creating a welcoming and inclusive space for everyone, encouraging patients to be themselves without judgment.

A dynamic member of our team, J brings a wealth of expertise and a passion for expanding mental health awareness and support. In her role, she not only provides therapeutic services to our patients but also conducts clinical training for area mental health providers, sharing her extensive knowledge and experience. Her commitment to advancing the field is evident as she actively participates in media opportunities and podcasts, using her voice to advocate for mental health and destigmatize the challenges that so many individuals face. With her dedication and willingness to engage with the community, she makes a significant impact on our mission to improve the well-being of those we serve.

J earned a Master's degree in counseling from Argosy University in Schaumburg, Illinois, and holds a Bachelor of Arts in psychology from Eastern Illinois University. She is a member of the Illinois Counseling Association and the Illinois Mental Health Counselors Association. Beyond her professional life, she enjoys indulging in escape rooms, solving intricate puzzles and games, and watching Marvel movies. When patients are needing adjunctive therapies, J collaborates with our staff to offer other treatments—such as transcranial magnetic stimulation (TMS), SPRAVATO® (esketamine) or IV ketamine. J also refers patients to our in-house psychiatric providers for medication management services.

J is more than a therapist; she is a caring guide on your journey toward a happier, healthier life. If you're seeking support and a safe space to explore personal growth and healing, J welcomes you to come as you are and take the first steps toward positive change.