

"When you arise in the morning, think of what a precious privilege it is to be alive – to breath, to think, to enjoy, to love."

MARCUS AURELIUS

PIONEERING PSYCHOLOGIST

Before **DR. GRETCHEN A. BOULES** became a pioneer and leader in the field of psychology, her life started on a musical note. "Long before my calling as a psychologist my goal was to become a concert pianist," she says. "During my college years I decided that music was an important part of my life but my true calling was to help others in the capacity as a psychologist." Still, her music helped shape her current career by teaching her patience, sensitivity, and how to listen to others—and it serves as the therapeutic backdrop of her life and work. Now, as Founder of Boules Clinical Psychology Group with more than 25 years as a clinical psychologist, Boules is the 5th prescribing psychologist in the state of Illinois. It took dedication and hard work to get to where she is today. She embarked on five years of the most rigorous training of all states, including a Masters in Clinical Psychopharmacology from California School of Professional Psychology/Alliant International University, a Certificate in Biological Sciences from Northwestern University, completion of the National PEP exam, and 15 months of medical rotations at top health systems in Illinois. Boules has been inspired and supported by her husband and children, and by her mother and father. "My octogenarian parents still run their own companies and have always taught me to reach for the stars and never stop growing as a human being," she says. "Ultimately, it is both an honor and privilege to be able to guide individuals as they embark on their own life's journey."

Dr. Boules' private practice is located at 200 S. Frontage Road, Suite 324, in Burr Ridge. For more information, call 630-321-9809, or visit boulespsychologygroup.com or drgretchenboules.com.

