

A professional portrait of Dr. Gretchen A. Boules, a woman with blonde, wavy hair, smiling warmly. She is wearing a dark blue, long-sleeved, zip-up blazer over a white top, a pearl necklace, and a ring. Her left hand is on her hip, and she is holding a pair of glasses. The background is a softly blurred indoor setting.

## GRETCHEN A. BOULES, PSYD

BOULES CLINICAL PSYCHOLOGY GROUP, PLLC

**SPECIALTY:** Clinical Psychologist and Prescribing Psychologist **EDUCATION:** BA, Loyola University of Chicago; MA and PsyD, Forest Institute of Professional Psychology; pre-doctoral internship, State University of New York at Buffalo; MSCP, Alliant International University/California School of Professional Psychology; Certificate in Biological Sciences, Northwestern University; Prescribing Psychology fellowship, AMITA Health Systems **DISTINCTIONS:** 5th Licensed Prescribing Psychologist in the State of Illinois; Board Member and Secretary for the Illinois Association for Prescribing Psychologists; Program Manager for the Prescribing Psychology Fellowship at AMITA Health Systems; Board-Certified Tele-Mental Health Provider, BC-TMH

Dr. Gretchen Boules is both a licensed Clinical Psychologist and Prescribing Psychologist, with more than 25 years in private practice. As Founder, President, and CEO of Boules Clinical Psychology Group, PLLC, Dr. Boules has harnessed her diverse mental health background to develop her unique, boutique style practice, which offers psychotherapy, medication consultation, in-office and tele-mental health services, and yoga. “It is the relationship that heals, and individuals and couples receive highly personalized attention,” says Dr. Boules, whose resume includes work in various settings: acute inpatient and outpatient hospitals, substance abuse programs, community mental health, and university counseling centers. Dr. Boules and her team treat patients with various mood and anxiety disorders, personality disorders, and those suffering from grief and loss. We offer neuropsychological evaluations, bariatric evaluations, stress management therapy, marital therapy and divorce recovery. “Our seasoned practitioners offer a compassionate and private setting for patients to tap into their natural ability to heal,” she says. “The COVID-19 pandemic has raised awareness of mental health issues and many individuals have met their stress thresholds with devastating results.” Boules and her team are on the front lines helping those who are experiencing high anxiety, panic, depression, substance abuse, and marital difficulties.

*Boules Clinical Psychology Group, PLLC is located at 200 S. Frontage Road, Suite 324, in Burr Ridge. For more information, call 630-321-9809 or visit [boulespsychologygroup.com](http://boulespsychologygroup.com), or [drgretchenboules.com](http://drgretchenboules.com).*