

**[MEREDITH SONETZ, MA, LCPC, CADC]**



**CERTIFICATIONS:**

**CADC** - Certified Alcohol and Drug Counselor - # 23344

**LCPC** - Licensed Pro. Counselor - # 178.004519

**SASSI** - Substance Abuse Subtle Screening Inventory Certified

**DBT** - Dialectical Behavior Therapy trained - (60+ hours)

**Love First** - A calm method to address a loved one's addiction

**ARISE** - A Relational Intervention Sequence for Engagement (Arise Intervention Certified) – 2004

**Johnson Model** - Johnson Intervention Model Trained/Mentored - 2004

**CFRC** - Certified First Responder Counselor

**EDUCATION**

**National-Louis University**  
MA, Human Service Counseling

**Harold Washington College**  
Certified Alcohol and Drug Counselor (CADC) program

**Southwest Texas State University**  
BBA, Marketing

**COACHING**

As a trained coach I am able to help individuals and families gain a healthy perspective of their circumstances. Through a positive perspective I lead them to different solutions that they may not have realized were available. With this positive approach to challenges in life I strive to empower individuals and families to thrive and grow in a positive and productive way.

**PROFESSIONAL EXPERIENCE**

**2014 - Present: Owner & Founder,**  
Heartfelt Recovery

- Help to move individuals, families and/or employers out of a crisis situation using the Care\*Frontation model of education, guidance and validation
- Develop a customized program of support and accountability by meeting the specific needs of an individual.
- Provide access to community services and recovery resources for individual's/family's while advocating for individual's recovery.
- Work with individuals and families through case management and/or coaching to identify concerns with action planning and assessment while in a safe, therapeutic setting.
- Provide safe clinical travel, offering support and companionship during crucial time for an individual going into or returning from treatment to their recovery environment.

**2010 - 2014: Individual and Family Counselor,** Rago & Associates

- Provide individual and family counseling.
- Provide intervention services to family members and those suffering from addiction.
- Provide long-term case management, coaching and monitoring services.
- Market individual services and practice services to local conferences and more.

**2004 - 2010: Area Manager,**  
Midwest Region, Assistance In Recovery

- Guided families and groups struggling as a result of addictions in their homes and offices.
- Provided intervention services.
- Provided comfort, hope, stability and guidance to clients and families who were in crisis.
- Provided long term case management and monitoring services to clients and families.

**2006 - 2008: Case Therapist,** Central DuPage Hospital Behavioral Health Services

- Worked with Adult chemical dependency, Adolescent, mental health patients and their family members in a level 2.5 treatment setting.
- Worked with other departments to make clinical recommendations for client's treatment and aftercare.
- Completed caseload documentation.
- Assisted intake department.

**2006: Intake Coordinator,**  
Gateway Foundation

**2004: Volunteer,** Suicide Prevention Services

**2003: Outpatient Counselor, Intern,**  
Cathedral Shelter of Chicago

**1997-1999: Volunteer,** Rush Pres. Hospital

**1995-2006: PID Assistant,**  
William Blair and Co., LLC

**1991-1994: Flight Attendant**

**BOARD MEMBERSHIPS & AFFILIATIONS**

WAAT, LMIC, NBCC, DBTNCAA, NIEPA, CFRC