

## Our Mission

To provide comprehensive, evidence-based education and skills to build resilience, improve wellbeing, and promote personal and professional development.

## Our Services

Beyond building resiliency, we want you to thrive. Our wide range of services will help you learn how.

- Educational symposiums and workshops
- Group-based training and skill development
- Resources for personal and professional growth
- Counseling - individual and confidential

# Center for Wellbeing

---

Methodist Atrium  
Building  
900 Main Street  
Suite 720  
Peoria, IL 61602

Contact us at:

**(309) 495-1683**

**[CenterForWellbeing@uic.edu](mailto:CenterForWellbeing@uic.edu)**

**[www.PeoriaWellbeing.org](http://www.PeoriaWellbeing.org)**

# Center for Wellbeing



**Department of Psychiatry  
and Behavioral Medicine**

## Professional Staff

For nearly forty years, the Department of Psychiatry and Behavioral Medicine at UICOMP has been the forerunner in providing evidence-based mental health treatment, education, and prevention for the Greater Central Illinois area. The Center for Wellbeing aims to extend these services to professionals and professional organizations.



**Debra Disney**, MSEd, LCPC, is the Director of the Center for Wellbeing. She earned a clinical master's degree in counseling from Southern Illinois University and is certified in Mind-Body Bridging, CBCT® (Cognitively-Based Compassion Training), and Cultivating Emotional Balance. Her passion is to merge evidence-based psychology with the wisdom of contemplative practices. This combination allows her to help others enhance individual resilience through personal and professional counseling and skill building.

## Counseling Services

We provide individual counseling for healthcare and other professionals. Our evidence-based approach helps those with the following difficulties or needs:

Anxiety  
Depression  
Grief and Loss  
Stress Management  
Workplace Adjustment  
Academic Adjustment  
Work/Life Balance  
Career Counseling  
Professional Advancement

Because we value your privacy, we strive to afford the greatest care in protecting your personal and private information. To learn more about how we maintain confidentiality or to arrange a preliminary appointment, call **(309) 495-1683**.

We accept most insurance plans and self-pay arrangements.

## Presentations, Trainings & Workshops

We offer several educational opportunities for large and small groups, professional organizations, workforce, and community leaders.

### ***Multiple-session series include:***

- ◆ BREATHE (Bringing Resilience and Emotional Awareness Training to Healthcare Education)
- ◆ CEB (Cultivating Emotional Balance)
- ◆ CBCT® (Cognitively-Based Compassion Training)
- ◆ Others....

### ***Presentation topics include:***

- ◆ Finding Your Life Balance
- ◆ Managing Burn Out
- ◆ Reducing the Burden of Depression in the Workplace
- ◆ Achieving Emotional Wellbeing
- ◆ How Social Resilience Can Change Lives
- ◆ Optimizing Financial, Occupational, and Intellectual Wellbeing
- ◆ Strategies for Physical Wellness

To schedule, contact  
**CenterForWellbeing@uic.edu**  
**(309) 495-1683.**