



PERLIS WELLNESS CENTER

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Re: *Pam Meyerson, LCSW*

Dear Fellow Practitioners:

Finding the right therapist can be hard. As a physician we don't really know what their skills are or how effective they are. I highly recommend Pam Meyerson, LCSW. She treated patients for therapy at my OBY/GYN for over ten years. My colleagues also referred their patients for therapy to her. The feedback that we received from our patients was exceptional. She has a natural ability to connect with patients and get them to open up. She is different from other therapists as her assessment skills are phenomenal and her ability to facilitate change in patients was exceptional. My patients greatly benefited from the types of services Pam provides.

Pam specializes in treating both adults and adolescents in areas such as depression, weight issues, financial and job stress, anger, anxiety disorders, parenting and other relationship issues. Pam also has extensive experience working with parents of children with special needs. Pam provides both individual and marital counseling.

Pam has excellent assessment and diagnostic skills. Pam communicated with me on a regular basis regarding my patients with proper HIPAA releases. She provides honest, nurturing, and non-judgmental feedback and offers practical guidance and attainable therapeutic goals and solutions. Pam's greatest asset is her ability to quickly build rapport and trust with patients, including difficult ones.

I highly recommend Pam as a practitioner who can provide your patients with invaluable psychological therapy, services and support. Please contact me anytime for more information about Pam or the services she provides. She has offices in Libertyville and Northbrook. Her phone number is (847) 274-8423.

Sincerely,

Dr. Cheryl Perlis, M.D.