



PERLIS WELLNESS CENTER

Cheryl Perlis, MD

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Dear Fellow Medical Practitioners:

Finding the right therapist to refer patients to can be difficult as a physician as we don't really know their skills or how effective they are. I highly recommend Pam Meyerson LCSW. She treated patients at my OB-GYN practice for over ten years. Many of my colleagues also referred their patients to her for marital and individual therapy. The feedback that we received from our patients was exceptional. Pam has a natural ability to connect with patients and get them to open up. She is different than other therapists as her assessment skills are phenomenal and her ability to facilitate change in patient is exceptional.

Unfortunately, infidelity is on the rise in many forms. Often patients confide in physicians because they are afraid they contracted a disease due to the cheating. When a patient is betrayed by someone that they are intimate with, Pam found that they often don't tell anyone and become very isolated and depressed. This betrayal trauma is so traumatic to women that they can become severely depressed, unable to function, unable to focus, and may experience panic attacks. Pam works with individuals as well as couples with any type of infidelity.

Pam also specializes in sexless marriages. She is an expert in marital counseling and finds that a lot of marriages suffer from lack of physical or sexual intimacy. Sex is a complicated issue to address as there are many components to lacking intimacy in the marriage.

Pam also makes home visits for postpartum depression and mothers struggling with anxiety or depression with new babies. She has done this for over 20 years and had her own Early Intervention agency for parents of children with disabilities. In addition, she has worked with infertility issues.

Pam can also accept Blue Cross HMO for a very minimal copay. She has offices in Libertyville and Northbrook. She can be reached at (847)274-8423 or pammeyerson@comcast.net. Her website is www.pammeyerson.com.

Sincerely,

Cheryl Perlis, M.D.