

## **Michele Williams, LCSW, MA**

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**SUMMARY:** Licensed Clinical Social Worker who works with individuals, couples and groups to increase personal and professional happiness, productivity and creativity thru counseling, support groups, educational programs and writing. Specialties include self esteem, stress and anxiety, communication skills including public speaking, life transitions, adjustment to illness, developing a support system, grief support, telling your life story and promoting your expertise.

### **COUNSELING & SUPPORT GROUPS**

#### **Private Practice Therapist**

**1991 - Present**

- Provide zoom and in person counseling for private, EAP, managed care and insurance clients.
- Contracts include Aetna, All in One, Anthem, Barnabas, Beacon, Blue Cross Blue Shield, Concern, Curalinc, Lexington, Managed Health Network, Magellan, Medicare, Medicare Advantage/United Health Care, Metropolitan Family Services, Optum

#### **Presence, St. Joseph, Columbus Hospitals**

**1991- 2015**

*Accredited Allied Health Professional Social Worker/Case Manager*

- *Specialties: oncology, critical care and cardiology*
- *Group Leader for HIV, ovarian, breast, general cancer support groups*
- Provided individual, couples and family counseling
- Provided resource development, discharge planning, and referrals and linkage to community agencies
- Supervised graduate and undergraduate social work students

#### **Cancer Care Foundation**

**1991 - 2016**

*Therapist*

- Provided therapy for cancer patients and their families on a consultant basis

#### **Thorek Hospital**

**1989 - 1991**

*Oncology Social Worker*

- Conducted psycho-social assessments, created and implemented discharge plans
- Crisis intervention
- Co-leader of hospital stroke club

**Gilda's Club****1998 - 2003**

- Group leader for both cancer support and grief support groups

**DeVry Institute of Technology****1991 - 1992**

- Provided counseling to welfare mothers studying electronics

**Educational Programs****1991 to Present**

- Public Speaking Adjunct Faculty Columbia College Chicago
- Conducted Oncology Nurse Training on the Psycho-Social Aspects of Coping with Cancer at St Joseph Hospital.
- Conducted workshops at St. Joseph Hospital for Internal Medicine house staff and the community on Coping with Cancer, Living With Chronic Illness and Public Speaking
- Conducted workshops at Gilda's Club Chicago on Developing a Support System and on Promoting Your Expertise Through Self Publishing.

**1987-2021****WRITING**

Blogs Posts/Michele's Musings on the website include:

- Am I Soup Yet
- Channeling Your Inner Marilyn Monroe
- Renaissance Your Life
- Love Fest Your Life

**Books**

Michele Williams' autobiography Happy Girl Michele: Tales of a True Renaissance Woman can be viewed on her website [renaissancewomanmichele.com](http://renaissancewomanmichele.com)

**Articles Include**

- The Nursing Social Work Connection in the Nursing Spectrum Illinois Edition, BSN Partners Co author with Caroline Kelly RN
- A Smashing Self Image Urban Focus Community Newsletter
- Dating Stress and Loving the Single Life Singles Spirit Newsletter now Chicago Life Magazine

**CERTIFICATIONS / EDUCATION**

- Southern Illinois University: BS Social Welfare 1972
- University of Illinois at Champaign: MSW Social Work 1974
- Michigan State University: MA in Continuing Education 1980
- LCSW 1991
- Field Instructor Training at the University of Chicago SSA 1992
- John Gottman Marital Therapy Training 2003
- Oncology Social Work Board Certification 2003
- Seasons Hospice Direct Patient Care Hospice Volunteer Training 2012
- EVERGREEN Certified Clinical Telemental Health Provider 2020
- Columbia College Teaching on Line Course 2020

**Professional Memberships have included:**

- Association of Oncology Social Work (President, Illinois Chapter 1993-2002)
- Association of Personal Historians
- Women's Caucus for Art
- Chicago Cabaret Professionals

For more information please visit [renaissancewomanmichele.com](http://renaissancewomanmichele.com) or Michele's Psychology Today Profile