



# HeartLAND COUNSELING SM

P.O. Box 8071 • Elburn, IL 60119  
T:630.365.0899 F:630.365.9150

Our staff are second to none. From your first phone call to your final appointment you will feel that you have a new ally in your life. We have been drawn together as a team by our common commitment to minister to hurting people and our belief that walking beside you is a privilege, not a business.

For a complete and updated list of staff members, programs offered, and educational brochures, please visit:

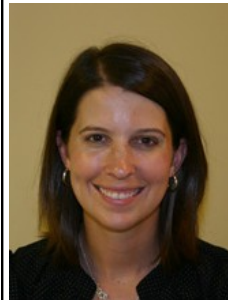
[www.heartlandcounseling.org](http://www.heartlandcounseling.org)



Michael Mangis  
Ph.D.  
Licensed Clinical  
Psychologist

Executive  
Director  
ext. 102

I enjoy working with adolescents and adults in individual, couple or family counseling. I also consult with churches and businesses to help create healthier work and worship environments. I am a certified Equine Assisted Psychotherapist and partner with Amy Blossom at Reins of Change for that work.



Andi Reffett  
Psy.D.

A.M.F.T.

Clinic  
Director  
ext. 203

I enjoy working with children, adolescents, and families on many different issues including behavior, school, family relationships, anxiety, and depression. One area that I enjoy and have specialty training in is working with children with Autistic Spectrum Disorders. Additionally, I am bilingual Spanish speaking.



Gayla Sahl  
Ph.D.  
Licensed Clinical  
Psychologist

Training  
Director  
ext. 105

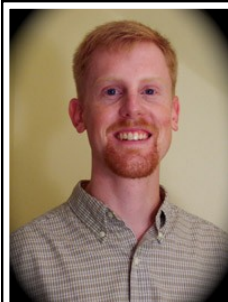
Although I see people of all ages, I specialize in working with children and adolescents and their families. I also really enjoy working with women who are feeling down due to life stressors.



Jeremy Bidwell  
Ph.D.,  
M.S. Clinical  
Psychopharmacology

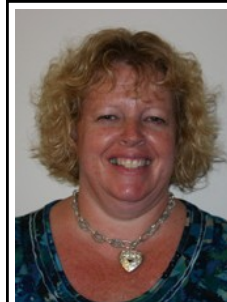
ext. 106

My primary specialty is in the integration of medical and psychological treatment. I am experienced in working with serious mental illness as well as working with adults that have severe relationship difficulties. I also enjoy working with married couples to repair strained relationships and to learn to prevent future problems.



Brian Post  
Psy.D.  
Licensed Clinical  
Psychologist  
ext. 220

I particularly enjoy working with adolescents and adults in individual therapy, as well as strengthening couples in marital therapy. I welcome conversations about spirituality in the course of therapy. I enjoy offering psychological assessment for such things as ADHD, learning disorders, and severe mental illness.



Dawn Zappitelli  
MSW

L.C.S.W.  
ext. 104

I enjoy working with special needs adolescents and adults, individuals dealing with life transitions, going through divorce, and those with issues related to abandonment, trauma, grief and loss. Additionally I enjoy working with individuals with ADHD and anger issues.