



Aubrey Bornhoff, M.A. **Clinical Psychologist Extern / Florissa**

Master of Arts in Clinical Psychology, Wheaton College

Bachelor of Arts in Psychology, Valparaiso University

Aubrey Bornhoff is a clinical psychology extern at Florissa working under the supervision of our clinical psychologists to provide assessment and therapy services. She is currently working toward her doctoral degree in Clinical Psychology from Wheaton College, where she also received a Master's degree in Clinical Psychology.

Thus far in her graduate training, Aubrey has conducted psychological and neuropsychological evaluations with children, adolescents, adults, and older adults. She also has provided group, individual, and family therapy within a behavioral health hospital (Intensive Outpatient and Partial Hospitalization Programs) for adolescents and adults on an Anxiety Unit. She also has helped lead group therapy at a children's counseling center the summer between her undergraduate and graduate studies. Aubrey has a special interest in anxiety and depressive disorders, and her dissertation is examining treatment-resistant major depressive disorder.

Aubrey utilizes evidence-based practices with developmental considerations to inform her work with clients. She is keenly interested and trained in Acceptance and Commitment Therapy (ACT) and Dialectical Behavior Therapy (DBT). These approaches emphasize self-identified values, intentionally moving toward what matters to you, accepting aspects of life that are outside of your control, relating effectively with other people, becoming more aware of the present moment, developing self-compassion, and taking steps to regulate your emotions. Aubrey is excited to be working at Florissa as a clinical extern engaged in both therapy and assessment with children and adolescents. In her free time, Aubrey enjoys kayaking, playing ultimate frisbee, and playing board games/card games with family and friends.



Florissa

Where children & families flourish

Florissa is a comprehensive center for children with behavioral, developmental, social and emotional needs. Partner organizations include Kreider Services, KSB Hospital, Sinnissippi Centers, Lee County Health Department, Lee County Special Education Association, Ogle County Educational Cooperative and several parents.

Florissa

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Monday -Thursday: 8:30am - 4:30pm

Friday: 8:30am -12:30pm

Or by appointment