



Tyler Rekowski, LPCC, LPC

In-Person & Telehealth

Tyler Rekowski is a Licensed Professional Clinical Counselor (LPCC) with a MS in Clinical Counseling from Marquette University. He has a passion for helping people by healing trauma, depression, anxiety, and shame related difficulties. He holds individual sessions and relies on Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, and Acceptance and Commitment therapy integrated approaches with his clients.



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Works with: Adults

- Addictions
- Adjustment Disorders
- Affective Disorders
- Anger Management
- Anxiety Disorders
- Behavior Modification
- Career Counseling
- Clergy Abuse
- Co-dependence
- Co-Occurring Disorders: *Substance Abuse and Mental Health*
- Communication Skills
- Depression
- Dialectical Behavioral Therapy
- Divorce/Separation Issues
- Domestic Violence Issues
- Grief Counseling
- Mental Health Assessments
- Men's Issues
- Mood Disorders
- Obsessive Compulsive Disorder
- Panic Disorder
- Parenting Skills
- Personality Disorders
- Phobias
- Physical Abuse/Violence
- Post-Traumatic Stress Disorder
- Rape Issues
- Relationship Issues
- Self-Injury
- Spiritual Issues
- Trauma
- Women's Issues

