Meet Our Founders

Skype sessions are also available with some of our clinicians. Whether you live far from our office, are unable to leave the house, or are going to college, you can still work towards your wellness goals through one-on-one online sessions.

Considering seeking help?
Feel free to contact our office and we can help to connect you with the clinician that can best meet your needs.

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Dr. Alicia Viera received her doctorate in clinical psychology and has extensive experience in a variety of settings including schools, counseling centers, medical clinics, and psychiatric hospitals. She is interested in diagnostic testing to highlight strengths and maximize an individual's overall functioning. She has experience with individual evaluations to rule out learning disabilities and develop a comprehensive treatment plan. Dr. Viera is able to advocate for the implementation of 504/Individualized Education Plans (IEP) in schools. Her clinical interests include the treatment of children, adolescents, adults, and families with a wide range of struggles including depression, anxiety, academic struggles, acting out behavior, ADHD, grief/loss, and peer relationship issues. Dr. Viera will meet the client’s individual needs through the use of a variety of treatment modalities.

Alicia Viera, PsyD

Dr. Melissa Salinas is a psychotherapist who has worked with children, adults, families and couples in a variety of therapeutic forms, including but not limited to individual, dyadic, group, family, and couples therapy. She has worked in community mental health settings, medical settings, and school settings. Within these settings, she has served as a consultant for medical doctors, teachers, and staff to provide a holistic approach to an individual’s health. Dr. Salinas has hosted workshops on parent trainings to help parents address common issues that they may face throughout their child's life. Dr. Salinas builds rapport with her clients in order to tailor the most effective therapy for the client.

Melissa Salinas, PsyD

Dr. Shantelle Whitehead is a licensed clinical psychologist with extensive experience in a variety of settings, including a private practice, residential home for children, community agency, psychiatric inpatient unit, and school setting. Dr. Whitehead specializes in working with children, adolescents, and young adults on a variety of issues such as behavior problems, trauma, depression, anger, self-harm, anxiety, and relational issues. Using interventions specifically chosen for each individual, she is able to quickly develop rapport and help each client reach their full potential. She also has specific training in sports psychology and a history of being an athlete, which she uses to assist athletes of all ages reach their personal and professional goals.

Shantelle Whitehead, PsyD
Our Mission

Our mission is to assist individuals and families to identify, understand, and overcome the barriers that impede their journey toward overall wellness. We strive to help individuals and families feel they are reaching their fullest potential in all areas of life. We believe in tailoring treatment to meet the unique needs of each individual to reach their personalized goals.

OUR CLINICIANS HAVE EXTENSIVE CLINICAL EXPERIENCE AND SPECIALIZED TRAINING IN MANY DIFFERENT AREAS, WHICH ALLOW US TO PROVIDE ETHICAL AND EFFECTIVE TREATMENT FOR VARIETY OF ISSUES.

SOME OF THE ISSUES ADDRESSED:

- ACADEMIC STRUGGLES
- ATTENTION-DEFICIT/HYPERACTIVITY DISORDER
- AGGRESSION
- AGORAPHOBIA
- ANGER MANAGEMENT
- ANXIETY
- AUTISM SPECTRUM DISORDER
- BEHAVIORAL ISSUES
- BIPOLAR DISORDER
- COPING SKILLS
- DEPRESSION
- DIVORCE
- EATING DISORDERS
- ENCOREPSIS/ENOURESIS
- GRIEF
- LYING
- OBSESSIVE COMPULSIVE DISORDER
- OPPOSITIONAL DEFiance
- PANIC ATTACKS
- PARENTING
- PEER RELATIONSHIPS
- PERFORMANCE ANXIETY
- PHOBIAS
- POSTTRAUMATIC STRESS DISORDER (PTSD)
- SCHOOL REFUSAL
- SEPARATION ANXIETY
- SELF-ESTEEM
- SELF-HARM
- SEXUAL ABUSE
- SOCIAL AVOIDANCE
- STRESS MANAGEMENT
- SUICIDAL IDEATION
- TESTING AND EVALUATION
- TOILETING ISSUES
- TRAUMA
- TRICHOTILLOMANIA

How We Can Help

Counseling Services
- Individual
- Family
- Couples
- Group
- Pediatric (0-5 years old)

Sports Performance Enhancement
Individual psychotherapy specifically focused on helping athletes of all ages reach their full potential. Includes an evaluation of the athlete's current mental skills, development/implementation of individualized skills program, and treatment of other performance-related issues such as trauma from injury, time management, stress management, etc., if applicable.

Testing Services
Diagnostic testing
Psycho-educational

Advocate for Academic Accommodations

Psycho-educational Rehabilitation
A two-step process for elementary through post-college education level intended to understand a student's strengths and weaknesses, recommend the most effective study strategies based on their assessed strengths, and teach both parents and student how to implement these strategies in their life.