



Emily G. Pagone

MS, LCPC, PMH-C, CCTP | Trauma, Maternal Mental Health, Personal Development

Licensed Counselor – Keynote Speaker – Clinical Educator

(630) 207-2482 - emily@authenticgrowthwellness.com - [LinkedIn](#) - Chicagoland, IL

Emily G. Pagone is a licensed clinical professional counselor, trauma specialist, and dynamic speaker with over a decade of experience in mental health and education. She is known for delivering engaging lectures and workshops on **trauma, maternal mental health**, and the “**inner critic**,” empowering diverse audiences to navigate life with resilience and compassion.

Available for speaking engagements at corporations, schools, and businesses.

Founder – Authentic Growth Education Group LLC

2023–Present

Dedicated to supporting mental health professionals and individuals in healing through professional development, community building, and resources that promote resilience and well-being.

- Provides a space for mental health professionals to **deepen clinical expertise, reduce burnout, and cultivate personal and professional growth.**
- Creates supportive social media platforms and offers free resources, including PDFs and workbooks, to aid in **mindset shifts and emotional regulation.**
- Designs advanced, comprehensive continued education trainings (asynchronous and synchronous) for clinicians, emphasizing best practices for both **client care and professional self-care.**
- Develops eWorkbooks and journals tailored to support both **mental health professionals and individuals on their healing journeys.**

- Licenses & Certifications -

Certified Clinical Trauma Professional-I/II
Perinatal Mental Health Certification (PSI5755)
National Certified Counselor (NCC: 348687)
Licensed Clinical Professional Counselor (LCPC: 180.012775, IL)

- Teaching Experience -

Benedictine University (Lisle, IL)

2016–Present

- Adjunct Instructor for graduate courses: DSM-5, Clinical Interviewing, NCE Prep (2018–Present)
- Instructor for PSYC 100: Survey of Psychology (2016–2023)

- Media Appearances -

Salon.com Interview | Hinsdale Magazine feature, “Premier Doctors”
 Podcasts: **The Nest, Chicago Parent** | Master’s in Parenting
Naperville Community TV | Channel 17 Interview

- Speaking Engagements -

Mental Health Symposium – **“Harnessing and Quieting Your Inner Critic”** (Spring 2024)
 The HER Story Conference – **Keynote: “Befriending Your Inner Critic”** (Spring 2024)
 Hinsdale Junior Women’s Club – **Maternal and Women’s Mental Health** (2018)

- Professional Counseling Experience -

Founder & Clinical Director, Authentic Growth Wellness Group (Hinsdale & Glen Ellyn, IL) 2019–Present

- Leads a team of 14 employees and 2 interns providing trauma-focused therapy integrating EMDR and IFS.
- Formerly *Emily Pagone Counseling, PLLC* (solo practice, 2019-2022)
- Specialized in trauma, family, and individual counseling; grew solo practice into a group wellness center.

Psychotherapist, Naperville Counseling Center (Naperville, IL) 2016–2020

- Provided therapy for children, families, and adults; developed and marketed a sexual assault survivors group.

Pro-Bono Volunteer Psychotherapist, The Well Resource Center (Chicago, IL) 2019–2023

- Delivered free mental health services to first responders and their families.

- Professional Affiliations -

Illinois Counselors Association (ICA)	2015–Present
Illinois Mental Health Counselors Association (IMHCA)	2015–Present
International Association of Trauma Professionals	2016–Present

- Education -

MS – Clinical Psychology (Counseling, Child & Adolescent Psychology) Benedictine University (Lisle, IL)	2012
<i>Co-created a summer transition program for high-functioning autism (2013–2015)</i>	
BA – Psychology (Minor in Business) University of Kansas (Lawrence, KS)	2007
<i>Research in cognitive and clinical psychology under Dr. Ingram (2010–2012). Dean's list (6 semesters), Global Awareness Certification</i>	

ADVANCED TRAINING:

Internal Family Systems (IFS) Level 1 – 90+ hours completed | EMDR Clinician Training – Completed 40 hours in Fall 2023

- Masters-Level Training (Benedictine University) -

<input checked="" type="checkbox"/> Professional, Ethical, & Legal Issues in Counseling I	<input checked="" type="checkbox"/> Psychological Assessment: Rating Scales and Checklists (BDI, BAI, etc)	<input checked="" type="checkbox"/> Maladaptive Behavior Disorders
<input checked="" type="checkbox"/> Clinical Interviewing & DSM-IV-TR	<input checked="" type="checkbox"/> Social and Cultural Foundations of Counseling	<input checked="" type="checkbox"/> Professional, Ethical, & Legal Issues in Counseling II
<input checked="" type="checkbox"/> Methods of Research	<input checked="" type="checkbox"/> Martial & Couples Therapy	<input checked="" type="checkbox"/> Behavior Disorders of Childhood
<input checked="" type="checkbox"/> Infant & Child Development	<input checked="" type="checkbox"/> Client-Centered Theories & Techniques	<input checked="" type="checkbox"/> The Physiology and Pharmacology of Psychotropic Drugs
<input checked="" type="checkbox"/> Marriage & Family Systems	<input checked="" type="checkbox"/> Career Counseling II	<input checked="" type="checkbox"/> Group Process/Psychotherapy II
<input checked="" type="checkbox"/> Career Counseling I	<input checked="" type="checkbox"/> Group Counseling	<input checked="" type="checkbox"/> Addiction & The Family
<input checked="" type="checkbox"/> Psychological Assessment: Standardized Tests (MMPI, MCMI, etc)	<input checked="" type="checkbox"/> Play Therapy	<input checked="" type="checkbox"/> Workshop in Counseling the Culturally Diverse
<input checked="" type="checkbox"/> Alcohol and Substance Addictions	<input checked="" type="checkbox"/> Adolescent Development	<input checked="" type="checkbox"/> Experiential Counseling/Psychotherapy
<input checked="" type="checkbox"/> Research and Counseling	<input checked="" type="checkbox"/> Grief & Loss	
<input checked="" type="checkbox"/> Art Therapy	<input checked="" type="checkbox"/> Behavior Modification	
	<input checked="" type="checkbox"/> Counseling Theories	