



Beverly Popek, LPC

Beverly Popek is a Licensed Professional Counselor (LPC). She was an executive in a Fortune 500 company before turning to Argosy University for the education and training needed to be a psychotherapist. Beverly is passionate about this second career. She is focused on helping individuals transform into the people they would like to become, that they need to become, at any adult life stage. Beverly is eclectic in matching her therapeutic approach to the client's needs. She stresses that helping individuals understand their history, thoughts, behaviors and communication style typically illuminates obstacles to the person's ability to achieve personal goals whether that's internally, in relationship or professionally. Beverly has particular expertise in psychological trauma, mood disorders and life stage alignment. Work is conducted collaboratively with individuals or couples, with an appreciation that the client is the expert on his/her life, and in need of new perspectives and tools to manage current challenges. Beverly provides both short- and long-term therapy from solutions-focused and strength-based perspectives, while incorporating tools from evidenced-based therapies and utilizing dynamic reflection of the client's contemporary presentation.