



Chris Checkett LISW-S

LICENSED INDEPENDENT SOCIAL WORKER

Chris Checkett is a Licensed Independent Social Worker – Supervisor. After graduating from Cleveland State University with a Master’s Degree in Social Work, Chris earned a Certification in Cognitive Behavioral Therapy from the Cleveland Center for Cognitive Therapy. He has counseling experience in private practice, school systems, hospitals and community mental health centers.

Chris counsels adult clients, ages 18 and older, experiencing: anxiety, phobias, depression, substance abuse, stress, anger, grief and loss, and adjustment to life transitions. He places emphasis on client’s strengths and encourages clients to build and utilize their support systems.

He brings Cognitive-Behavioral, Solution-Focused, and Mindfulness-based techniques to the counseling process. Chris teaches mindfulness courses and workshops, and maintains a personal mindfulness meditation practice.

Payment options include: Aetna, Anthem, Blue Cross-Blue Shield, Cigna, Medical Mutual of Ohio, Medicare, Other Insurances, Cash, Check, Credit Card and Health Savings Accounts.