

Dr. Richard Alford

Clinical Psychologist & Neuropsychologist

Dr. Alford has demonstrated decades of experience and commitment to providing personalized care to the patients he serves. This commitment emphasizes a highly professional standard of care and a responsive approach in building relationships.

Overview:

Dr. Alford received his Ph.D. from Loyola University of Chicago and completed his clinical internship at Hines Veteran's Hospital in Maywood, Illinois. Dr. Alford also has gained experience from working at a number of psychiatric hospitals as well as busy outpatient practice environments. He has post-doctoral certification and experience in neuropsychology and neurofeedback training. He is a member of the American Psychological Association, Illinois Psychological Association, Association for Applied Psychophysiology and Biofeedback, International Society for Neuronal Research, EEG Spectrum International, and EEG Info.

Personal Statement:

My practice is based on understanding each patient individually in order to provide a tailored treatment approach. I have extensive experience in appraising symptoms and understanding how they impact to life of each individual. I also have experience and expertise to recommend a comprehensive treatment approach. My aim is to work together, cooperatively with patients and other treating clinicians in making treatment decisions and working towards more fulfilling functioning in life.

In addition, I make every attempt to be responsive to patient's needs. That includes returning calls in a timely manner, the sooner the better, and most certainly the same day. I also make it a practice to respond to any emergencies immediately. The practices I work with makes every effort to be flexible in order to schedule patients in the most convenient and timely manner. New patients are seen within a matter of a day or two if possible, not weeks.

Treatment Areas:

Dr. Alford has experience and expertise in treating school age children including the family members as necessary and appropriate. He works in collaboration with school when suitable for younger school age and adolescent patients. Dr. Alford also works with adults treating *Anxiety Disorders, Post-Traumatic Stress Disorders* including *abusive relationships, Obsessive-Compulsive Disorders, Phobias, Attention-Deficit and learning disorders*, various problems with *Mood Regulation* (bipolar, anger, personality disorders), *Substance Abuse Disorders, Depression, and Eating Disorders*.

Treatment Modalities:

Dr. Alford provides individual psychotherapy, family therapy, and couples therapy utilizing a dynamic approach that includes behavior therapy, solution focused therapy, a dialectical approach, as well as emotional based to assist with improved ability to self-regulate one's own behavior along with improved insight. Dr. Alford is also trained and has experience in the use of neurotherapy or neurofeedback techniques.

Dr. Alford has wide experience and expertise in psychological assessments and neuropsychological assessments designed to assist with diagnostic questions, planning therapeutic directions, and assisting with forensic and workplace applications.