



SHARON JEDEL, PSYD

Clinical Psychologist

EDUCATION

Dr. Sharon Jedel graduated cum laude from Tufts University with a major in clinical psychology. She earned her doctorate in clinical psychology (PsyD) from the Ferkauf Graduate School of Clinical Psychology, Yeshiva University. She completed a post-doctoral fellowship at Weill Cornell Medical College in trauma and PTSD. Dr. Jedel moved to Chicago in 2006 and worked in the department of gastroenterology and hepatology at Rush University Medical Center for over 16 years. At Rush, Dr. Jedel treated patients with a wide range of GI conditions, taught communication skills to medical students and met weekly with residents as part of a wellness initiative. She has also lectured about the psychological impact of Inflammatory Bowel Disease at conferences throughout Chicago. Dr. Jedel completed a three-year advanced training program in psychoanalytic psychotherapy at the Chicago Institute of Psychoanalysis. She remains an adjunct professor at Rush University.

PHILOSOPHY

Dr. Jedel has known she wanted to be a clinical psychologist since the age of 12 and has been passionate for decades about her work with adults with GI problems. Dr. Jedel employs an integrative approach toward treating patients, employing cognitive behavioral and insight-oriented techniques to help patients improve their quality of life, decrease symptoms of anxiety, stress and depression and gain a better understanding of who they are. She works collaboratively with patients, relying on her patients' subjective experiences and understanding of their bodies to help guide treatment. Dr. Jedel seeks to empathize with her patients and truly meet them where they are at. Although psychotherapy may prove challenging, Dr. Jedel is committed to the process and fully believes in a person's capacity to change, grow and ultimately feel better.

PERSONAL LIFE

Dr. Jedel lives with her daughter in Lakeview. She loves yoga, walks along the lakefront, modern fiction, and indie films. She is also active in her community and her daughter's school, and issues of diversity, equity and inclusion are important to her. A large network of friends as well as extended family enriches her life and she is adamant about staying in touch with them in all ways possible – visits, emails, texting and facetime. And after living in New York City for nine years prior to moving to Chicago, an annual trip to NYC with her daughter is also a must!



JAMES “JED” FOSTER, JR., MA, LMFT

Licensed Counselor & Behavioral Coach

EDUCATIONAL BACKGROUND

Jed is an associate member of the American Society of Clinical Hypnosis and a Clinical Fellow with the American Association of Marital and Family Therapists.

Jed’s undergraduate college years were split between Washington University in St. Louis, and Colorado State University, where he earned a bachelor’s degree in political science. Jed received his master’s in counseling and family therapy from the St. Louis University medical school. His supervised, post-graduate training was completed in both private practice and with Bridgeway Behavioral Health, a substance use disorder clinic in St. Louis which is now part of Preferred Family Health. In 2015, Jed moved into private practice full-time where he has worked extensively with individuals, couples, and families facing a wide range of challenges.

PHILOSOPHY

The mind-body connection is undeniable. Physical and mental well-being are inextricably tied to each other in a sort of symbiotic dance that helps maintain our equilibrium. Improvements in mental health can accompany improvements in physical health and vice versa. Conversely, declines in either can result in lower levels of overall well-being. This explains how anxiety and depression can affect the symptoms of gastrointestinal disorders, affect appetite, and alter energy levels and homeostasis within the body. It follows that a holistic, contextual approach to health that serves the biopsychosocial needs of an individual can lead to a more comfortable, stable, and healthier existence. This is what drew Jed to medical therapy and ultimately led him to Comprehensive Gastrointestinal Health. Positive change. Feeling better. Increasing happiness. Realizing higher levels of well-being. Building and maintaining fulfilling relationships. These are the goals. Jed’s ideal clients wish to enter a collaborative relationship in which discovery and exploration of intrinsic and extrinsic strengths and characteristics can be drawn upon to create momentum towards lasting, positive change and improvements in overall well-being. Jed employs an integrative approach to counseling that involves a systemic, contextual view of clients’ lives. Drawing from Positive Psychology, Narrative Family Therapy, Cognitive Behavioral Therapy, Mindfulness CBT, and other scientifically-based approaches including Hypnotherapy, he uses a client-centered approach that is appropriately tailored by individual client needs.

PERSONAL LIFE

Jed spends much of his time keeping up with his three boys. When not running them around to their various sport commitments, Jed enjoys outdoor activities including biking, hiking, and fishing. An Emmy-winning video producer, Jed also spends time working on videos and short films. Also a musician, he is never very far from his last session of playing the guitar and singing with his band. Jed has a lifelong passion for learning and is always looking for advances in science that can directly translate to his own well-being and that of his family and clients.