Michelle Andringa
Graduate Intern

Michelle Andringa (she, her, hers)

Graduate Intern

Michelle is currently completing her master’s degree in Clinical Psychology at Benedictine University. She graduated cum laude from the University of Notre Dame with a B.A. in Government and International Studies. She earned her J.D. from the Loyola University Chicago School of Law. Before pursuing her counseling degree, Michelle worked as a Professional Development Director, mentoring young professionals facing personal and work-related challenges. She is passionate about working with young adults and enjoys providing inclusive, empathic, and affirming care to clients of all cultures, races, faiths, genders, and sexual orientations. Michelle uses person-centered therapy, cognitive behavioral therapy, and acceptance and commitment therapy to work collaboratively with clients, helping them clarify values, identify strengths, and develop coping strategies that encourage holistic wellbeing.

Tia Fountain
Graduate Intern

Tia Fountain (she, her, hers)

Graduate Intern

Tia is currently completing her M.S.  in Clinical Psychology at Benedictine University. She graduated from Aurora University with a B.A. in Criminal Justice and Psychology. This has led her to have a strong sense of justice as she believes everyone should have access to basic rights, which includes mental healthcare. She tailors her approach based on each individual and emphasizes accepting the client for who they are. It is important to her that every client feels they can be themselves so that they feel comfortable in the process of therapy. She also utilizes a psychodynamic approach since she understands how childhood experiences can affect our present lives, and she wants to help clients understand how we may be unconsciously motivated towards certain behaviors and actions. Tia enjoys working with both adolescents and adults who struggle with anxiety, depression, grief, and anger. Having a diverse experience is important to her, and she looks forward to working with a variety of people from different cultures and experiences.

Zach Toranzo
Graduate Intern

Zach Toranzo (he, him, his)

Graduate Intern

Zach is currently completing his M.S. in Clinical Psychology at Benedictine University. Zach graduated from North Central College in 2020 with a B.A. in Psychology, Sociology, and Neuroscience. Zach enjoys working with adolescents and young adults and helping them manage life’s stressors. He operates from a Rogerian client-centered approach, as well as utilizing cognitive-behavioral therapy and dialectical-behavioral therapy to work with clients on sensitive issues. Being a first-generation student, Zach is passionate about working with other first-generation students as well as multicultural clients, and he continues to strive for multicultural competency in his professional development. Zach is eager to work with clients from a variety of different backgrounds and collaborate in treatment to help clients find what works for them. Using an empathic approach in a nonjudgmental environment, Zach assists clients by helping them feel validated and comfortable to be themselves.

Shirin Ahmed
Staff Counselor

Shirin Ahmed, M.S., (she, her, hers)

Staff Counselor

Shirin earned her M.S. in Clinical Psychology from Benedictine University. Shirin is passionate about human rights work, inclusion, and diversity. She is involved in activism and advocacy spaces and volunteers for multiple relief organizations. She is fluent in Hindi, Urdu, Marathi and English. Shirin enjoys working with multicultural clients and understands issues specific to first- and second-generation young adults. She looks forward to working collaboratively with her clients while keeping her client's goals as the utmost priority. She engages with clients in an accepting, empathetic and open manner so clients can feel heard.

Peggy Tomchek, MS, LCPC, CCTP
Counseling Coordinator

Peggy Tomchek, M.S., L.C.P.C., CCTP (she, her, hers)

Counseling Coordinator

Peggy earned her M.S. in Clinical Psychology from Benedictine University and is a Licensed Clinical Professional Counselor and Certified Clinical Trauma Professional. She is passionate about supporting college students while they explore their identities, navigate transitions, and experience growth. Peggy meets clients where they are in their lives with an empathic and accepting manner, offering them a safe space to explore their lives. She uses a person-centered approach drawing on many therapeutic techniques, including cognitive behavioral therapy, mindfulness, strengths-focused therapy and stress reduction techniques to best help clients. Her areas of focus are depression, anxiety, family and relationship challenges, transitions, stress management, grief, and trauma. She embraces working with people of all faiths, genders, sexual orientations and racial and ethnic backgrounds.