



NOT BORING CE'S
CONTINUING EDUCATION
FOR THERAPISTS

Kathryn Chacra

Kathryn Chacra, LCSW-S, brings more than two decades of mental health expertise to her work as a therapist, supervisor, and founder of Kathryn Chacra Psychotherapy and Consulting in McAllen, Texas. Known for her down-to-earth approach, she helps clients untangle the challenges of ADHD, emotional eating, and parenting with both warmth and evidence-based strategies like ACT and DBT. Whether in the therapy room or guiding fellow clinicians, Kathryn creates an authentic, judgment-free space where growth feels possible—and sustainable.



Contact

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Courses

ADHD Lessons from Willy Wonka

Resources

- Barkley, R. A. (2020). Taking Charge of ADHD: The Complete, Authoritative Guide for Parents
- Taitz, L. (2012). The Diet Trap Solution: Train Your Brain to Lose Weight and Keep It Off for Good
- Russell, G. & Norwich, B. (2012). Dilemmas of Difference: Inclusion and Disability in Schools
- CHADD (Children and Adults with Attention-Deficit/Hyperactivity Disorder) www.chadd.org