
NEMETH NEWS

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Feature Staff:

Laura Valentino, LISW-S

By Chelsey Ulry, LPC



Laura Valentino, LISW-S joined the Nemeth Counseling team as a fulltime Outpatient Therapist with a great deal of experience. Laura graduated from Assumption College with her Bachelor of Arts in Psychology and Philosophy, and then went on to pursue her Master of Social Work from the Ohio State University. Laura's very first exposure to clinical work was in a volunteer capacity as a Rape Crisis Counselor at the Rape Crisis Center of Massachusetts. During and after her time as a graduate student, she served as a Housing Advocate and In-Home Clinician for homeless survivors of domestic violence. Laura then went on to work at St. Vincent Family Center as a clinician for Outpatient Family Services, and eventually as a clinician for St. Vincent's Therapeutic School Age program. At Nemeth Counseling, Laura works with children, adults, couples, and families, and she provides services for individuals suffering from a variety of mental disorders. She spends much of her time working with children struggling with various symptoms, as well as providing parenting support. Laura has also focused a large part of her career on treating trauma survivors. As part of her work treating trauma, Laura is trained in Eye Movement Desensitization and Reprocessing (EMDR). Additionally, she has received training in the Neurosequential Model of Therapeutics, which she often pairs with EMDR. Laura notes that she is "fascinated" by the brain, and that she hopes to have more opportunities to continue to learn about brain development and how the brain functions after experiencing trauma or mental illness. Laura became interested in mental health when she took her first

psychology course in college. She has always been interested in the human and experience and learning a person's story, which initially led her to pursue a career in journalism. After getting a taste of psychology, she quickly realized that she wanted to pursue a career that would allow her to promote change and growth in people's lives. When asked about which part of her job she is most passionate, Laura responded, "I am passionate about assisting clients in creating long-term change so that they experience an overall improvement in their quality of life. I really enjoy the therapeutic relationship with each of my clients. I am always amazed at their strength to simply walk through my office door for the first time. I respect their willingness to seek out help --especially from a stranger--during life's most difficult moments. I feel lucky to be a part of their recovery, healing, and story every single day." Outside of the office, Laura is a new mom. Her son Vincent was born in July, and she enjoys spending time with him, her husband, Michael, and their four pets. Laura also loves to read, road cycle, and garden.

Nemeth Counseling Groups!

By Anjelica Francisco, LPC

Did you know that Nemeth Counseling offers groups? Whether joining as a newcomer to mental health treatment or enhancing individual services, group therapy is an excellent way to develop and harness positive coping skills. Groups provide an opportunity to engage with others and gain support from people with similar concerns. Groups foster healing by allowing members to learn more about themselves through the sharing of meaningful experiences. This year, Nemeth Counseling is excited to introduce our first groups menu. As we move into our third year of offering group therapy services, we have put together a schedule of upcoming groups. Our clinicians incorporate evidence based treatment approaches and their own unique style to develop a curriculum around their areas of specialty. We offer groups for a variety of ages, addressing matters including Parenting, Wellness, Social Skills, and more! Group therapy can also provide an affordable alternative to individual counseling. Sessions are \$20.00 each, and you can even get one free session by paying for all of them up front.

Currently, we are offering two types of groups. Our skills groups provide psycho-education and coaching, while our processing groups provide emotional support by providing interventions and strategies that allow you to process through difficult issues. Participation in either can be a great way to enhance the therapeutic experience. If any of our groups are of interest, your current NCC therapist can make a referral for you, or you can contact our main office. We look forward to continuing the development of our groups programming, so be sure to stay tuned for new groups in the future.

A World of Good

By Eric Litchenfeld

In his Hilliard office, Clinical Director Steve Guglielmi has seen many people handle adversity by drawing upon their own inner resources. But he never expected that he would also see it in remote villages on the other side of the Earth. This spring, with support from Nemeth Counseling and the Rotary Club, Steve helped lead a trip to the Philippines where he, two Hilliard teachers, and five of their students provided aid and supplies to a burn clinic staffed by just a single nurse named Val and her daughter. While preparing for the trip, Steve discovered much about the impoverished country's healthcare system. In the Philippines, when people are burned or otherwise injured, doctors give their patients a list of supplies they will need. To receive treatment, patients must then go buy those items, down to the bandages—*if* they can afford them. But only after the group completed a 35-hour journey (one that included flights to New York, South Korea, and finally, the Philippines, and then a two-hour ride from the airport in Mabalacat through mountains and small villages) did Steve see how urgently help was needed. "We met a seven-year-old boy who had been trying to get a bird's nest and grabbed onto an electrical wire," Steve recalls. "He received a very bad burn and told us that he sat for nine days without getting treatment." Arriving at Val's clinic, the group delivered the bandages, compression garments, and other medical supplies they had collected through donations—enough to fill their sixteen crammed suitcases. (To make room, they packed an absolute minimum amount of clothes.) In the village where Val lived and worked, Steve was confronted with how little the people had. "What they call a house and what we

call a house are just different. They have electricity, but it's not predictable. There's plumbing, but when you use the restroom, you have to pour a bucket of water into it each time you use it. Their sewer system is all open. You can't drink the water; you have to get it all out of a jug." Still, Steve was struck by the openness—and even the sense of joy—he saw in the dozens of Filipinos the group met. "People didn't seem hardened over there. I didn't run into a lot of people who seemed extremely depressed. And we met people who had some serious struggles," says Steve. Their strength also helped Steve further appreciate the strengths of the clients seen at Nemeth Counseling. "I work with people all the time trying to see what it is they truly have, instead of focusing on what they don't have," he reflects. The resilience Steve has seen in clients and in Val's patients is something he discovered in yet another group: the students who were such a vital part of the trip. Prior to their departure, one had never been further from home than Michigan. And yet they all acclimated to their new environment in a way that earned his admiration. "I was amazed at how strong they were," Steve says, echoing a theme heard often at the practice. "They just took it on like they were meant to do it."

CALENDAR OF EVENTS

The Hilliard Community Health Action Team (CHAT)-Hilliard YMCA

CHAT is a grassroots initiative that will identify and examine local health and wellness issues, raise awareness, and connect our community with resources. Monthly seminars related to mental health and wellness have been scheduled and are open to the public. See Destination Hilliard Magazine for the seminar schedule.

Westerville Area Resource Ministry (WARM)

Our Community Relations team has recently connected with WARM to learn more about their services. Our plan is to join with for fundraising opportunities for those in need. The most recent fundraiser included collecting donations for a summer fun program, such as kickballs and frisbees.

Harlem Wizards Event

Chris Nemeth was the event coordinator for this wonderful fundraising effort to send Bradley students to the Philippines, where they delivered items and proceeds to a burn unit.

May 2017 is the One Year Anniversary of our Westerville Location!

The Faces of Nemeth



Daeclin Rock, LPC

Daeclin Rock is a Licensed Professional Counselor through the State of Ohio Counselor, Social Worker, and Marriage and Family Therapist Board. Daeclin received his Bachelor of Arts in Psychology from Hiram College. He then went on to earn his Master of Science in Education in Clinical Mental Health Counseling from the University of Dayton. Prior to graduating from the University of Dayton, Daeclin spent a year and a half with Nemeth Counseling as a Clinical Intern under the supervision of Clinical Director Steve Guglielmi. Daeclin provides individual, couples and group therapy to both adults and adolescents. He believes in using evidence-based treatment modalities which allow clients to be active participants in their own success. These modalities include, but are not limited to, Cognitive Behavioral Therapy, Trauma-Focused Cognitive Behavioral Therapy, Solution Focused Brief Therapy, Motivational Interviewing, and Reality Therapy. Daeclin believes that each therapeutic relationship is unique, and he seeks to create an open and engaging environment which fosters the development of that relationship. He believes that every person possesses the power to make changes in their lives, and he seeks to bring out the strengths in his clients to allow them to do so.



Kate Berman, LSW

Kate Berman is a Licensed Social Worker through the State of Ohio Counselor, Social Worker, and Marriage and Family Therapist Board. Kate received her Bachelor of Sciences in Applied Psychology and a minor in Media, Culture, and Communications from New York University. She later attended The Ohio State University where she earned her Masters of Social Work. Prior to attending obtaining her Masters degree, Kate worked at a non-profit agency in Atlanta which provides therapeutic services to grieving children who have lost a parent or a sibling. During this time she assisted in the creation and implementation of therapeutic programming to help encourage mourning, enhance processing and learn coping skills. Upon moving to Columbus she worked with adolescents with criminal backgrounds and a history of drug and alcohol use, helping them to restructure behavioral and social patterns while adjusting to life post jail. At Nemeth Counseling, Kate works with individuals of all ages, including couples and families. She uses a strengths-based, solution-focused perspective, cognitive-behavioral techniques, and emphasizes taking a holistic approach to therapy. Kate works to help clients identify their strengths and create solutions to reach their goals. She also believes in treating each client on an individualized basis, viewing each therapeutic relationship as unique.



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