
NEMETH NEWS

Volume 3, Issue 2

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December 2017

Feature Staff: Anjelica Francisco, LISW

By Julie Piatt, LSW



Anjelica Francisco, LISW has been with Nemeth Counseling since 2014 when she started as a student intern. Anjelica was hired by Nemeth Counseling in 2015. She earned her Bachelor of Arts and Sciences in Psychology from Eastern Michigan University, and her Master of Social Work from The Ohio State University. Anjelica is an intricate part of Nemeth Counseling. She played a key role in developing the Intimacy Program when she was an intern, and has served as Nemeth's Groups Coordinator, until just recently, when she was promoted to the Community Relations Director and interim office manager, while carrying her role as outpatient therapist. She has also recently joined the Leadership Team at Nemeth Counseling, as she continues to grow as a clinician and leader. Anjelica is passionate about and specializes in both couples work and trauma, and is trained in EMDR and TFCBT. Anjelica enjoys the team atmosphere at Nemeth Counseling, and the strengths of collaboration and team problem solving. She is an extremely skilled clinician, strong leader, and an advocate for every one of her clients. In her spare time, Anjelica likes to spend time with friends and family, relax, and travel.

Nemeth Counseling & Families For A Cure Team Up!

By Milena Brumbaugh, LISW-S



Nemeth Counseling's newest initiative comes in the form of a free therapy group for both those who have received a cancer diagnosis, and family or friends of those who have received a cancer diagnosis. This year, ***Families for a Cure*** provided Nemeth Counseling with a generous grant that has been utilized over the last several months to develop and fund this wonderful program, which aims at reducing distressing symptoms through the use of coping skills, education, and processing through disturbing memories related to a cancer diagnosis and treatment. Clinicians were trained in two treatment modalities: 'Progressive Counting Method' and 'Eye Movement Desensitization & Reprocessing' (EMDR). In August, Jon Lucas, LISW and Laura Valentino, LISW-S began their therapy groups. Jon has been able to provide services at Central Ohio Urology for cancer patients, and Laura has been implementing her group at Nemeth Counseling in Hilliard, specifically for those who have a family member or a friend who has received a cancer diagnosis. This group provides a service for an often-forgotten population of people; when someone you care about is going through one of the most difficult times in their lives, you can suffer too. Most recently, Kate Berman, LSW, has begun her group for cancer patients. The first eight weeks of these free groups presents the rationale behind the treatment, provides a focus on coping skills and education, and introduces clients to the Progressive Counting Method, which is utilized to address distressing memories. During the

second eight weeks, clients continue utilizing the Progressive Counting Method to process through their more significant memories related to their (or their family/friend's) cancer diagnosis and treatment. Finally, we've recently started offering these services, free of cost (the grant will cover the copay if he/she is using insurance) for individuals. If a group therapy setting isn't right for you, you can receive individual services from one of our trained therapists. While this can be difficult work, there is significant research that shows processing through experiences and learning how to cope with distressing symptoms can improve one's quality of life. And isn't that what we all want?



Providing Excellence in Patient Care

The Benefits of EMDR

By Anjelica Francisco, LISW

Here at Nemeth Counseling, our clinicians are working to ensure that we are constantly growing and developing in the ways in which we can deliver client-centered care. In practicing trauma-informed care, we can minimize the risk of re-traumatization and develop appropriate strategies for the promotion of self-care for our clients. While there are a number of evidence-based treatment modalities that have been effective in reducing trauma symptoms, Eye Movement Desensitization and Reprocessing (EMDR) Therapy offers both a trauma-informed approach to treatment and a treatment protocol. EMDR Therapy was developed by psychologist, Dr. Francine Shapiro, in 1989. Studies on EMDR treatment have shown that individuals are able to experience benefits that traditional talk therapy had previously taken years to foster. EMDR allows the brain's information processing system to naturally heal itself, much like the body naturally heals after a physical injury. The practice utilizes bilateral stimulation to mimic the Rapid Eye Movement (REM) that occurs during sleep.

When combined with visualization, individuals are able to process experiences that were not processed at the time of the targeted memory. This *reprocessing* of the memory allows for the transformation of the meaning of distressing events. Although the treatment was established to address trauma and PTSD, EMDR can be used to treat an array of adverse life experiences. Clinicians have reported success in the use of EMDR to treat anxiety, complicated grief, phobias, dissociative disorders, performance anxiety, addiction, body dysmorphic disorders, personality disorders, stress reduction, and more. Currently, we have an impressive 14 clinicians at Nemeth Counseling who are trained to provide EMDR Therapy.

CALENDAR OF EVENTS

Nemeth Counseling Food Drive

We are at it again! We are holding our annual food drive for Thanksgiving and Christmas at both offices. Food and other items will be donated before each holiday to the Hilliard Food Pantry and to the Westerville Area Resource Ministry (WARM). Donations welcome from therapists and the community alike!

EMDR

Over the summer, several of Nemeth Counseling's therapists received training in one of the top trauma treatment modalities: EMDR (Eye Movement Desensitization and Reprocessing). Now we have over a dozen therapists who are trained and competent in this evidence-based treatment.

The Great Debate

A Hilliard Rotary Club fundraiser that brings together members of the community to have fun, eat good food, and celebrate the ongoing competition between Ohio State and Michigan football. Nemeth Counseling supports the Hilliard Rotary efforts!

The Faces of Nemeth



Jon Lucas, LISW

Jon Lucas is licensed by the State of Ohio Counselor, Social Worker and Marriage and Family Counseling Board as an Independently Licensed Social Worker. He received his Bachelor's Degree in Social Work at Bluffton University in Bluffton, OH and his Master's Degree in Social Work from the Ohio State University in Columbus, OH. Jon has several years of experience in pediatric behavioral health working for Saint Vincent Family Center as an Intensive Home-Based Clinician and as an Outpatient Family Services Clinician where he gained experience in individual and family therapy and crisis intervention. Prior to his experience at Saint Vincent Family Center, he was a mental health advocate for those living with severe and persistent mental illness in Franklin County. Jon specializes in working with and helping individuals who have experienced trauma to overcome symptoms of depression, anxiety, mood disorders, and grief. He also has experience working with parents to assist them in developing effective parenting techniques and strengthening the parent-child bond. Jon is trained in EMDR and many other evidenced-based therapeutic modalities including Solution Focused Therapy, Cognitive Behavioral Therapy, Child-Parent Relationship Therapy, Child Centered Play Therapy, and the Neurosequential Model of Therapeutics, which integrates brain development into clinical problem solving. Jon believes strongly in fostering an ability in all people to develop their own solutions to life's challenges, and that developing a therapeutic partnership can help clients realize their potential.



Carol Cox, Billing Coordinator

Carol Cox is the Billing Coordinator, and she supervises two other staff members in the billing department at Nemeth Counseling and Consultation (NCC). Part of her job role is to verify insurance benefits, bill the claims to insurance companies, and apply those payments from insurance companies. Carol also maintains client balances and notifies therapists or clients when there is a balance on a client's account. Carol assists with following up on claims and works with clients and insurance companies on how to problem solve and complete their claims. Further, she maintains and adds therapists to insurance companies and answers any questions regarding billing for therapists and clients. Carol enjoys working with therapists, other staff members, and clients, and she strives to make sure everyone involved has a positive experience on the financial side of the counseling experience. Carol has 15 years of experience in mental health billing, and she has been working with NCC for almost one year as the Billing Coordinator. Carol is looking forward to retiring in Arizona someday. She loves spending time with her dog, Shorkie. Carol also enjoys spending time with her family, including her husband Mark, her two adult sons, Nick and Tommy, and especially her 15-year-old grandson.



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