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# NEMETH NEWS

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Phone: 614-849-8204 Fax: 844-272-9333

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## A Turkish Perspective on Mental Health: An Interview with Melis Sedef



By Katie Swisher, LISW  
Outpatient Therapist

**KS: Tell me about mental health in Turkey.**

**MS:** First of all, I can definitely say we have really competent mental health professionals.

Unfortunately, our system does not support therapy services as much as it should. Of course, this is beneficial with drug companies. Unfortunately, last year's terror issues have deteriorating effects on people. CBT is quite popular in Turkey. Nowadays, a lot of clinicians learn about Schema Therapy Approach for working with deeper problems. As a highly traumatized country, EMDR is also popular. Hopefully, we still have really important speakers who visit Turkey. I was amazed that Salkovskis came this year. I had chance to meet with Judith Beck in İstanbul. Padesky came several times. Even Gottmans came. Arthur Freeman is coming this year. These people are inspiring. I love to see them in my country.

**KS: Can you tell me about your credentials and accomplishments?**

**MS:** I have a Bachelor's degree for Psychology and a Master's degree for Psychological Counseling. I have been working as a family court psychologist since 2005. I was Executive Secretary of one of two national organizations for CBT. I was also CIF (Council of International Fellowship) Turkey branch board member.

**KS: What are your goals here at Nemeth Counseling?**

**MS:** Since I have arrived in the USA, I am an intern at Nemeth Counseling. I would love to work as a therapist at Nemeth Counseling. As a therapist, I can define myself as CBT-oriented, so my primary goal would be providing a high quality service for my clients. I would love to conduct groups, especially for domestic violence victims. Lastly, I believe that I would be beneficial for clients who are coming from Middle Eastern culture. Unfortunately, they arrive here with a lot of trauma and the cultural issues may slow down many competent therapists.

**KS: What kind of clients would you like to work with?**

**MS:** I would like to work with adults. But not only in the level of clinical disorders, but also deeper structures where these clinical disorders stem from. Additionally, separation, divorce and individuals involved high-conflict relationships.

**KS: What advice would you give people affected by mental illness who are seeking help?**

**MS:** I would say it is really important to be your expert. So I would read self-help books if I were them. This not only supports the therapy work, but also facilitates better therapy outcomes. The second point is never be disappointed if they cannot benefit from a therapist. Because there are numerous approaches in psychotherapy, one approach that may work with someone else may not work for them. On the other hand, the therapist-client relationship is also same way. It is like finding the right shoes. You need to try several brands and several different models to find the ones that would fit you.

**KS: What have you learned here Nemeth Counseling or in the US?**

**MS:** One very important thing I learned is being aware of what I know. I am happy to realize that we have roughly similar approaches. Sometimes you need to be out of the box to see inside the box. I loved that you are able to benefit from technology much better than us. I learned all the virtual reality application here in USA with you. Gottman's method was one other thing that I learned here during my practices in Nemeth Counseling.

## Nemeth News: Inside the Issue

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## Trending Now: The Universal Language of CBT

By Melis Sedef  
Nemeth Counseling Extern

We are all human. With our deficiencies, strengths, difficulties, resilience, we are all human. As a professional coming from a faraway country, Turkey, I see that all we are all human, but just slightly different from each other. We more or less suffer from similar complaints all over the world. Thus, we needed a common language that could go beyond the cultural boundaries in terms of psychotherapy. I am thankful to see that the universal language of Cognitive-Behavioral Therapies (CBT) is spoken all over the world between therapists and clients.

Thankfully, CBT not only overcomes the cultural boundaries between therapists and their way of working with clients, but it also overcomes the cultural boundaries between client and therapist. With classical CBT we can understand and be able to help our clients, and with second and third wave CBT approaches we are able to help our clients beyond their complaints to make much deep and permanent changes in their lives.

Therapists from all over the world work similarly with the CBT approach. This lets us learn from each other much more effectively. Moreover, we come together

on a regular basis to share our experiences and to broaden our scope through the conferences all over the world. Not only the textbooks for therapists, but also the self-help books, are available in many languages nowadays. Thus, I can assure you that CBT is the universal language of psychotherapies.

## CALENDAR OF EVENTS

The Hilliard Community Health Action Team (CHAT)  
Hilliard YMCA  
Monthly Meeting

CHAT is a grassroots initiative that will identify and examine local health and wellness issues, raise awareness, and connect our community with resources. Milena Brumbaugh and Chris Nemeth continue to attend these meetings.

Parent Special Education Conference: Connecting with One Another  
Hilliard Davidson High School  
November 18, 2015

An event sponsored by the Hilliard City School District, Molina Healthcare, and the Ohio Coalition for the Education for Children with Disabilities hosted this event at Hilliard Davidson high school. Katie Swisher and Milena Brumbaugh attended to share important information about the services that Nemeth Counseling has to offer this population and the community.

The Great Debate  
The Makoy Center  
November 20, 2015

Staff attended this event hosted by the Hilliard Rotary Club, which supports a variety of other services in and around the community. Staff cheered on their favorite team leading up to the big OSU/Michigan football game amid food, comedy, and silent auctions, among other fun activities.

# The Faces of Nemeth



**Nicole Ciarlariello, LPC**

Nicole Ciarlariello, LPC is a professional counselor licensed through the State of Ohio Counselor, Social Worker, and Marriage and Family Therapist Board. Nicole has served in a variety of settings including higher education, private practice, employee assistance, and non-profit mental health. Most recently, she managed a program that provided holistic education to underserved women. Nicole's areas of special interest include anxiety, depression, parenting, couples counseling, matters of physical intimacy, grief, life transitions/managing stressors, women's issues, men's issues, and the LGBTQ community. Nicole helps clients to implement practical strategies that cultivate positive wellbeing and decrease stress. She works with clients to deepen their awareness and self-compassion so that they can feel empowered to make nurturing choices for themselves every day. Nicole employs methods rooted in mindfulness, humanistic-existential therapies, cognitive behavioral theory, and dialectical behavioral therapy. Nicole creates an affirming, judgment-free space where clients can feel safe to explore their inner-world while making strides toward lasting change. She is a dedicated partner in her clients' journeys, and she is guided by the belief that each person possesses intrinsic value and the capacity to flourish.



**Tammy Moore, LISW-S**

Tammy Moore, LISW-S is an independently licensed social worker with a supervisory designation through the State of Ohio Counselor, Social Worker, and Marriage and Family Therapist Board. Tammy has worked in the field of mental health for over ten years in various capacities, including working with at-risk youth and survivors of domestic violence in Private Practice. Most recently, Tammy worked as a trauma therapist at Mount Carmel's Crime and Trauma Assistance Program. There, Tammy provided individual, group, and family therapy to survivors of trauma, specializing in treatment of childhood abuse, sexual violence, grief, LGBTQ specific and traumatized children. She also served as a supervisor for graduate students and provided EMDR consultation. Tammy is a certified EMDR therapist and has met the criteria to be an Approved EMDR Consultant. Tammy has presented at local, statewide, and national conferences on various topics including Trauma Informed Care, Trauma and the Brain, Impact of Trauma on Children, Trauma and the LGBTQ Community, and Treatment for Childhood Sexual Abuse and Secondary Trauma. Additionally, Tammy has served as a Board Member for the Sexual Assault Response Network of Central Ohio (SARNCO), a consultant for Buckeye Region Anti-Violence Organization, and is a member of EMDR International Association. Tammy is trained to provide evidenced-based therapeutic interventions including EMDR, CBT, TF-CBT, play therapy, DBT, and motivational interviewing. She approaches all sessions from a collaborative, strengths-based approach based on respect, open communication, and hope.



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## **Nemeth Counseling and Consultation LLC**

To schedule an appointment, please  
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We are conveniently located at  
**5123 Norwich Street  
Hilliard, OH 43026**

and

**143 W. Schrock Road  
Westerville, OH 43081**

For more information or full therapist  
profiles, please visit our website at  
**[www.nemethcounseling.com](http://www.nemethcounseling.com).**

