

PROGRAMS

Couples Program

Nemeth Counseling offers a short-term, Solution Focused couples' therapy program that is comprised of two phases. During the 4 sessions that comprise Phase 1, we offer a full assessment regarding your relationship and determine recommendations for improvement. In Phase II, couples work collaboratively with their therapist to create a plan that measures success. Each couple is given individualized solutions to improve their relationship. Additionally, several members of our staff have completed Level I John Gottman training. John Gottman is a leading researcher regarding relationships. Our couples' therapy program continues to grow and improve by utilizing Gottman's research in combination with Solution Focused treatment.

Trauma Focused Cognitive Behavioral Therapy

This program is tailored to children and adolescents and has been proven to help these individuals cope with trauma. Often, children and teenagers face challenges related to unexpected or traumatic experiences in their lives, causing them to develop harmful symptoms related to these events. An initial assessment is followed by an education and coping skills series; then the child or adolescent will create a narrative to help process the event. Parents are often included in this program, and family therapy can be provided for additional support. Our trauma program is offered for individuals ages 4-18.

Nemeth Counseling and Consultation LLC
5123 Norwich Street
Suite 130
Hilliard, Ohio 43026



Agency Hours of Operation:

Monday - Thursday: 9 am – 9 pm

Friday: 9 am – 5 pm

Saturday: 8 am – 2 pm

Three Convenient Locations:

Powell:

74 South Liberty Street

Powell, Ohio 43065

Dublin:

25 North Street

Dublin, Ohio 43017

Hilliard:

5123 Norwich Street

Hilliard, Ohio 43026

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NEMETH NEWS

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Humble Beginnings and the Heart of it All: Chris Nemeth, LISW-S, Founder and CEO

By Chelsey Abrams, B.A.

Intake Coordinator, Executive Assistant

Nemeth Counseling and Consultation was born into existence during a time when many Americans needed support the most: the onset of the recent economic recession. Due to financial cutbacks, it became difficult for people to receive quality counseling services within the public sector. At this time, Chris Nemeth saw an opportunity to begin a company that could offer Americans the help and support they needed. In 2009 he created Nemeth Counseling and Consultation, an organization that has been able to offer assistance to many people as they experience difficult times in their lives.

For Chris, the recession of the 2000's hit far too close to home. When asked about his decision to enter the field of mental health, he recalls the economic crash of the 1970's in Northeast Ohio. Chris and his family struggled through a great deal of adversity during this time, but as a result, he feels better equipped to help others deal with their struggles. Chris states, "People are going to suffer as part of being a human. It is important to learn how to find meaning and purpose through those struggles." Such is the goal Chris strives to help others accomplish at Nemeth Counseling.

Chris notes that the most challenging aspect of starting his own company has been, simply put, that he is navigating uncharted waters. "There's no road map for how you do a community-based private

practice on a large scale," he says. Chris desires to be able to offer help to all members of the community, but do so without operating on taxpayer dollars. In order to be able to accomplish this goal, business and finances must be managed very responsibly.

However, apart from the larger challenges he faces, there are also the everyday obstacles that require his attention. "Running a small business, if a pipe breaks somewhere, you have to be there. If the alarm goes off somewhere, you have to be there." When asked how he balances his personal and professional lives, he states that he uses some of the same techniques he recommends to his clients. It is important to take care of one's self, and Chris does so by prioritizing things like exercise, hobbies, and most importantly, his family.

Although he faces many challenges as a small business owner, Chris prefers to focus on the rewards of starting his own company. He states, "When you see that clients are happy and getting what they need, it's obviously very rewarding."

Chris believes that it is these positive results that his clients have seen in their lives which have enabled his

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company to grow and ultimately help a larger population.

When asked about the aspect of his company that he is most proud of, Chris confidently states that he is most proud of his team. He believes that his team members are dedicated to helping people, and he also believes that his clients comprise part of his team at Nemeth Counseling. Chris believes that the family environment his company projects encourages communication and healthy relationships. In short, his team puts into practice the counsel they give to others. In addition to the pride he takes in his team, Chris is also proud of the success stories he hears from his clients: "It's very exciting to hear when an old client contacts us to tell us about their recovery and accomplishments."

As far as future plans for Nemeth Counseling are concerned, Chris states that he wants to develop a model for mental health services that works and ultimately give that blueprint to others. He envisions that counseling services will be based on wellness and offered to people in their own neighborhoods, and he strives to eliminate the stigma attached to mental health issues. Chris believes that all people struggle at some point in their lives and that everyone can benefit from counseling in one way or another. He strives to attain a standard by which both clients and workers in the counseling field will be treated better than they are now. Chris hopes that this business model will reflect the field of mental health in the future, stating, "I want to change a system that is somewhat broken."

Trending Now

Feeling S.A.D: Seasonal Affective Disorder

By Jennifer Westgerdes, LSW

Seasonal affective disorder, better known as S.A.D., is a form of depression that occurs around the same time each year. Most people who suffer from S.A.D. experience symptoms beginning in the fall and lasting through the winter; however, there are instances in which people experience S.A.D. during the spring and summer (A.D.A.M. Medical Encyclopedia, 2013).

Symptoms of S.A.D. are similar to those associated with other forms of depression. These symptoms include hopelessness, increased appetite accompanied by weight gain, increased sleep, decreased energy, inability to concentrate, loss of interest in work or other activities, sluggish movements, social withdrawal, unhappiness, and irritability (Mayo Clinic Staff, 2011). Unfortunately, the cause of S.A.D. is unknown, but the disorder is thought to be related to genetics, age, and chemical makeup (Mayo Clinic Staff, 2011).

Although its cause is unclear, there are treatment options that may help reduce the symptoms of S.A.D. These include psychotherapy, light therapy, and medication (Mayo Clinic Staff, 2011). It may also be possible to reduce symptoms through regular exercise, a balanced diet, and increasing time spent outdoors (A.D.A.M. Medical Encyclopedia, 2013).

Nemeth Counseling provides Cognitive Behavioral Therapy for people who are experiencing Seasonal Affective Disorder. If you believe you may be suffering from S.A.D., please call our office at (614) 849-8204 to schedule an appointment today.

Linda J. Vorvick, D. Z. (n.d.). Retrieved from <http://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0002499>

Mayo Clinic Staff. (2011). Seasonal affective disorder. Retrieved from <http://www.mayoclinic.org/diseases-conditions/seasonal-affective-disorder/basics/definition/con-2002104>

NEMETH IN THE COMMUNITY

As a company, Nemeth Counseling takes supporting the community very seriously. In 2013, agency staff worked to support businesses, organizations, and charities in our communities. In 2014 we hope to continue working with our neighbors to help and support one another in any way we can.

CALENDAR OF EVENTS

DUBLIN SPRINGS EVENT

JULY 18, 2013

Staff participated in a networking event with a new referral source for clients.

2013 TASTE OF DUBLIN EVENT

SEPTEMBER 17, 2013

Staff participated in the Taste of Dublin event supporting local restaurants.

THE GREAT DEBATE (SPONSORED BY THE HILLIARD ROTARY CLUB)

NOVEMBER 22, 2013

Nemeth Counseling donated to the Hilliard Rotary Club and attended the annual event.

PERC

Staff participates and volunteers with Dublin community parent advocacy group, Parents Encouraging Responsible Choices.



**Meet our
Clinical
Director:
Steve Guglielmi
M.S.Ed. PCC-S**

By Jason Cole, LISW-S

Outpatient Therapist

Steve Guglielmi, PCC-S is not merely the Clinical Director at Nemeth counseling and Consultation; he also provides his formidable clinical skills as a full-time time therapist. Steve possesses an extensive history of compassionately and effectively assisting his clients to work through a spectrum of emotional and relational problems. According to Steve, he feels most invigorated by the work that he does with the individuals, families, and couples whom he counsels. In addition to being an established and talented therapist, he has also grown into the role of providing clinical supervision to the many therapists working with him at Nemeth Counseling. He has the ability to thoughtfully access his own wealth of therapeutic knowledge and experience to convey feedback, insight, and direction to his therapists in both practical and creative ways.

Steve's work as a clinical supervisor allows him to take on the roles of teacher, model of professionalism, problem-solver, and unwavering provider of support. His recent transition from Clinical Supervisor to Clinical Director validates the extensive work he has invested in Nemeth Counseling from its early days throughout its growth to its current stature. Steve developed professionally with the company as it grew in size and helpfulness. He is an integral facet of Nemeth Counseling and continues to strengthen the company in the multitude of roles he so gracefully executes: therapist, supervisor, director, and compassionate friend.