
NEMETH NEWS

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Couples Counseling: A Solution Focused Approach

By Milena Brumbaugh, LISW
Outpatient Therapist and Community Relations Director

At Nemeth Counseling and Consultation, we provide an affordable and short term program for couples looking to strengthen their relationship, address core issues, and learn new skills. The program consists of two phases; the first phase lasts four sessions, and includes a joint session to gather information about the relationship and the individual partner, a session with each partner, and then one more appointment in which the couple is brought back together. Phase II, or the intervention phase, is where real change begins to take place.

In the first session, the clinician will learn many things about the relationship, including how the relationship began, how they made big decisions together (when to get married, have kids, etc.), and any pertinent individual information. This session could include learning more about how each partner expresses anger, how they experience anxiety and depression, and about any involvement with drugs and alcohol. The therapist will assess for situations in which couples counseling is not appropriate, including ongoing extramarital affairs, domestic violence, and severe mental health issues. Level of commitment must be identified as well; it is difficult to find success in couples counseling if at least one partner is not committed to the process.

During the second and third sessions, each individual is invited to complete a couple's inventory that encompasses both a solution focused approach, as well as questions from John Gottman's relationship work. The therapist will work to explore their answers to these questions in depth. When the couple comes back together for the fourth session, the clinician encourages the couple to share everything that they spoke about during their individual sessions. Open communication is crucial during the couples counseling process.

The couple then returns for their fifth session, which is the beginning of Phase II. During the intervention phase, the couple will work with their therapist to identify a core goal for their relationship. Some examples may be 'developing an effective and trusting partnership', 'becoming more

connected with each other', or 'enhancing trust and vulnerability'. Once they choose their goal, they list characteristics that might describe their relationship when their goal is at a "0" and when their goal is at a "10" on a scale of zero to ten. Each week during therapy, the clinician checks in with the couple to find out where their relationship falls on their zero to ten scale; it provides an understandable and measurable way of identifying the progress they are making.

Then, based on the couple's ideas and the solutions the clinician has created from the assessment sessions, interventions are identified. The solutions are meant to help the couple move from the zero side of the scale toward the 10 side of the scale. Examples of interventions may include: weekly check-ins during which the couple identifies strengths and weaknesses from the past week, John Gottman's book "The Seven Principles for Making Marriage Work", and exploring personality differences to increase understanding and acceptance of one's partner. Once the couple reaches their target number on the scale of zero to ten, they have successfully completed the couples counseling process! The interventions are not meant to get a couple exactly where they want to be in their partnership; rather, they are meant to give the couple the tools they need and can use throughout the rest of their lives together.

Inside the Issue

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Milena Brumbaugh, LISW: Director of Community Relations

By Chelsey Abrams, B.A.
Office Manager & Intake Coordinator



Milena Brumbaugh began her career at Nemeth Counseling as a student intern from 2010 to 2012. During this time, she demonstrated such a high level of excellence in her clinical and professional skills that she was brought on as an Outpatient Therapist in the summer of 2012. She continued to grow and develop as a clinician, and she was promoted to Director of Community Relations in 2014. Milena's passion for her work and dedication to her clients have made her an asset to the company and a leader among her peers.

Milena graduated from the College of Wooster in 2008 with her Bachelor of Arts in Psychology. She then went on to earn her Master of Social Work from the Ohio State University in 2012. Milena has spent time at Step by Step Academy as a Behavioral Technician, where she used Applied Behavioral Analysis to work with children and adolescents with autism. Additionally, she has worked at Directions Counseling as the Intake Coordinator and Administrative Assistant. Milena also spent three years working on a home therapy team to assist children with autism.

Milena became inspired to pursue a career as a therapist by some of her own life experiences as well as a strong passion for helping others. Despite her enthusiasm for the field, her work in mental health has not come without its challenges. Milena indicated that the most challenging aspect of her role as a therapist is working with clients who are not yet ready to receive help; however, these experiences have caused her to truly understand and appreciate the value of self-determination. Fortunately, the rewards of her work far outweigh the challenges. According to Milena, the most rewarding aspect of her job

is watching clients make real improvements from week to week.

When asked about different client populations, Milena expressed that she most enjoys working with adolescent girls and clients who are seeking therapy for trauma-related issues. Milena is also interested in continuing to improve her skills by learning more about treating the various types of trauma.

In addition to her work, Milena values spending time with family and friends, and she makes sure to plan plenty of fun activities. Her other hobbies include exercising, photography, and playing with her dog, Arvada.

If Milena could communicate one thing to the public about counseling, it would be that it is okay to seek help when overwhelmed by life's struggles. Milena is a true example of someone who consistently exceeds the expectations of both her coworkers and her clients. She is always willing to go the extra mile for the good of others, and she is an invaluable part of Nemeth Counseling.

Functional Play: Beating the Winter Blues

By Katie Swisher, LISW
Outpatient Therapist

Functional play has been described as the first type of play demonstrated by children. Beginning in infancy, as a child learns to control his actions and make things happen, he finds enjoyment in shaking a rattle, splashing in the bath, and dropping objects repeatedly from his high chair. These repetitive actions are slowly replaced by more complex forms of play, but functional play is enjoyed by children throughout their childhood as they discover new actions to master.

Here are three functional play activities to do in the wintertime when stuck inside: Happy playing!

1. Winter Waltz paper plate ice skating - Encourage your child to move and glide their bodies in different ways on paper plates as if they were ice skating to classical music.
2. Cushion Continents - Spread out cushions on the floor and designate them as continents. Your child will travel around the world while stepping, jumping, or leaping. Ask your child, "What continent are you on?"
3. Musical Stuffed Animals - Have your child place some stuffed animals on the floor in a circle. Parents may either sing or play some music. When music is on, the child will walk, gallop, skip, crawl, tip toe, duck walk or jump around the circle to the song or music. When the music stops, the child will sit on a different stuffed animal.

The New Faces of Nemeth



Helka Gienapp, LPCC, is a Licensed Professional Clinical Counselor through the State of Ohio Counselor, Social Work, and Marriage and Family Therapist Board. Helka has worked in the mental health field for a little over 8 years. She has experience working in a nonprofit community agency and developing and facilitating a partial hospitalization program that provides intensive outpatient group therapy. Helka works with individuals, couples, and families with mental and emotional concerns, such as depression, anxiety, mood disorders, life transitions, behavior disorders, trauma, grief, and personality disorders. She approaches treatment as a partnership with clients, and she works with them to facilitate personal growth, learn how to manage their symptoms, and develop progress towards treatment goals. Helka creates a safe and supportive environment in which clients can develop a better understanding of self, motivations, and symptoms through utilizing Cognitive-Behavioral Therapy, Trauma Focused Cognitive Behavioral Therapy, Solution Focused approaches, and Family Systemic Therapy.



Norajill Pasos, LISW, is licensed by the State of Ohio Counselor, Social Worker, and Marriage and Family Therapy Board as an Independent Social Worker. Norajill has several years of experience in the pediatric behavioral healthcare setting at St. Vincent Family Centers. She has provided behavioral health services as an Individual and Family Therapist and has also worked as a

Hispanic/Latino Community Psychiatric Support Treatment provider. Norajill is experienced in evidence based treatment modalities such as the Incredible Years Parenting Group, Parent Child Interaction Therapy, Solution Focused Therapy and Cognitive Behavioral Therapy. She is a member of the National Association of Social Workers, the Ohio Latino Mental Health Network, former President of the Latino Empowerment Outreach Network, and was appointed to Mayor Coleman's New Americans Advisory Council. Using her cultural background and bilingualism, she provides proper treatment to Spanish speaking children, adults, and families.

NEMETH IN THE COMMUNITY

March 13, 2015

Chris Nemeth provided valuable feedback regarding depression and anxiety for teens for the Columbus Dispatch.

CALENDAR OF EVENTS

Old Hilliardfest

September 13, 2014

Staff participated in the annual Hilliardfest, providing information about our company as well as wonderful treats and mental health trivia!

Jason Foundation and Ohio Hospital for Psychiatry

September 25, 2014

Staff attended a youth suicide educational and informational event.

Dublin Springs Open House

December 11, 2014

Staff attended an open house event hosted by Dublin Springs.

Food Drive

Thanksgiving and Christmas

Nemeth staff teamed up with the Hilliard YMCA and the Hilliard Rotary Club to collect and donate food to the local Hilliard food pantry.



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