
NEMETH NEWS

Volume 2, Issue 2

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

November 2016

Here We Grow Again!

By Helka Gienapp, LPCC



Here we grow again! Nemeth Counseling and Consultation launched a second office in May of this year in Westerville. Several of our referral sources shared a need for our services in Northeast, Ohio and we heard their call. Specifically, there has been a reported need for couples counseling. 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. Our program is influenced by the work of John Gottman, Ph.D. and Solution Focused Therapy. Our Westerville location provides most of the same services as the Hilliard site, such as individual counseling, family counseling, couples counseling, and home-based community support services. Our Hilliard location also provides group therapy and mediation services. Westerville is a town with a rich history, passion for growth, and a sense of community with integrity and social responsibility. We are excited to offer our services and provide quality care to Westerville and surrounding communities!

Feature Staff: Rebecca Szanto, LPC

By Julie Piatt, LSW



Rebecca Szanto, LPC is a professional counselor licensed through the State of Ohio Counselor, Social Work, and Family Therapist Board. Becca received her Behavioral Intervention Specialist Certificate from Kent State University, and her Master's degree in Clinical Mental Health Counseling from Youngstown State University, where her course work specialized in working with individuals with developmental disabilities. Because of Becca's enthusiasm for helping others, she has worked in a variety of settings including non-profit mental health, residential, camp, and school settings. Further, Becca specializes in and excels at utilizing Applied Behavioral Analysis, for which she helps families decrease their children's challenging behaviors through behavioral strategies and positive reinforcement. Becca has a passion for working with children and families impacted by disabilities; she helps with parent training, behavioral management training, and social skills instruction. Becca has started her first group at Nemeth Counseling called Socially Savvy, during which she is teaching children 8 through 12 positive and helpful social skills. Not only does she excel at Nemeth Counseling, Becca has also presented at eleven professional conferences on topics including positive psychology intervention, Autism Spectrum Disorder, developmental disabilities, and youth mentoring. She will be presenting at the All Ohio Counselors Conference in November 2016. We are very lucky to have her as a part of our team!

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Co-therapy with Man's Best Friend

By Rebecca Szanto, LPC

The use of Animal-Assisted Therapy (AAT) was first documented in the literature in 1962 (Chandler, 2001). Since then, incorporating man's best friend as a co-therapist has been found to have many benefits, such as providing support to clients that demonstrate difficulties with communication, or show resistance to engaging in the therapeutic process (Chandler, 2001). Research has found that the presence of a therapeutic animal, such as a dog, allows clients to build strong therapeutic relationships with their clinicians. Shelton et al. (2011) found that when a therapy dog was incorporated into treatment, clients reported higher ratings of the relationship between client and counselor as opposed to no therapy animal being present during sessions. This has important implications for the field since the quality of the therapeutic relationship is the strongest predictor of treatment success (Shelton et al., 2011). A client's therapeutic relationship, or rapport, with their counselor may include such qualities as mutual like, respect, trust, warmth, acceptance, and collaboration (Shelton et al., 2011). Additionally, AAT might include goals such as improving socialization and communication, reducing isolation, boredom, and loneliness, or improving memory and recall (Chandler, 2001). Companies looking to add a therapy animal to their practice must take the following into

consideration: obtaining high quality training for the animal and staff, registration with a nationally recognized therapy animal organization, appropriate vet care, and "taking client's personal and cultural views related to interacting with animals into consideration" (Shelton et al., 2011). AAT is not appropriate for every client and counselors must be sure to abide by the highest level of ethical conduct when introducing an animal into the therapeutic process. For the past year I have been training my dog, Finn, a 1 ½ year old Husky mix to be a therapy dog. We recently passed our examination and applied to become registered with Therapy Dogs International!

**At this time, Nemeth Counseling is not set up to do AAT; if you have a service dog, they are allowed in session.*

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.

Statewide Roundtable

Sponsored by the Ohio Attorney General's Office, Tammy Moore was invited to attend and speak about child victims and the barriers to serving them.

Nemeth After 5K

Staff participated in a 5K on Hilliard's Rails to Trails to reinforce self-care and to have fun! The finish line was at Otie's in downtown Hilliard, where staff gathered after the event to socialize.

CEU Trainings

Nemeth Counseling has recently become a provider for CEU trainings! This means that several of our own clinicians have been able to share their knowledge to educate other staff in areas such as Cognitive Behavioral Therapy, Trauma therapy, and Psychosis & Schizophrenia.

Nemeth Counseling celebrated its 7th Anniversary in August!

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The Faces of Nemeth



Tricia Maynard, LISW-S

Tricia Maynard received her Master of Social Work from The Ohio State University, specializing in mental health with a minor in psychology. She has been practicing as a Social Work Clinician for 25 years, serving as both a counselor and a clinical supervisor. In 2009 Tricia received the OSU College of Social Work's first year graduate Intern Supervisor award. Tricia has extensive experience in the community mental health and inpatient psychiatric systems, working with the severely depressed, and Bipolar and Schizophrenic populations. She worked for many years in the Emergency Department of Behavioral Health Crisis and Trauma intervention and oversaw programs for teens who were survivors of sexual abuse and violent crime. Tricia provides individual, couples, and group therapy. She utilizes techniques from evidenced-based practices such as those created by Yalom, the New Acceptance and Commitment Theory, Gestalt, Narrative Therapy, Trauma-Focused Cognitive Behavioral Therapy and Ego-Psychology. Tricia's therapeutic focus is predominantly that of existentialism, mindfulness, and building ego-support and empowerment through the counseling relationship.



Amy Armstrong, LISW

Amy Armstrong is a Licensed Social Worker through the State of Ohio Counselor, Social Work, and Marriage and Family Therapy Board. Amy received her Bachelor of Science in Elementary Education from Miami University of Ohio, and in 1996 began teaching the Art of Positive Parenting, a program of Action for Children. Amy then went on to receive her Master of Social Work from The Ohio State University. She has graduated from the Parent Coaching Institute as a Certified Parent Coach®. In a nurturing environment, clients learn to take responsibility for their own thoughts, feelings, and actions in order to create new patterns of behavior to help ensure that their needs and goals are met. Additionally, Amy has extensive mediation training through the Franklin County and Ohio Court System. Mediation creates an emotionally safe environment for decision-making. With divorcing clients, Amy provides options for ending a marriage with dignity for both parties, without devastating emotional and financial losses. Amy serves as a domestic relations mediator. In this role, she invites clients to participate in Collaborative Divorce along with specially-trained attorneys and financial professionals. With the help of Amy's expertise and insight, clients report much more ease in their divorce and co-parenting relationships. Amy is committed to providing education, insight and support as clients take important steps toward wholeness and happiness even in the midst of difficult situations and relationships.



Affordable, Scientifically-Based Counseling for Life

Starting today, you can be provided with the most proven mental health and wellness counseling in the area.

Nemeth Counseling and Consultation LLC

To schedule an appointment, please give us a call at **(614) 849-8204**.

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.

