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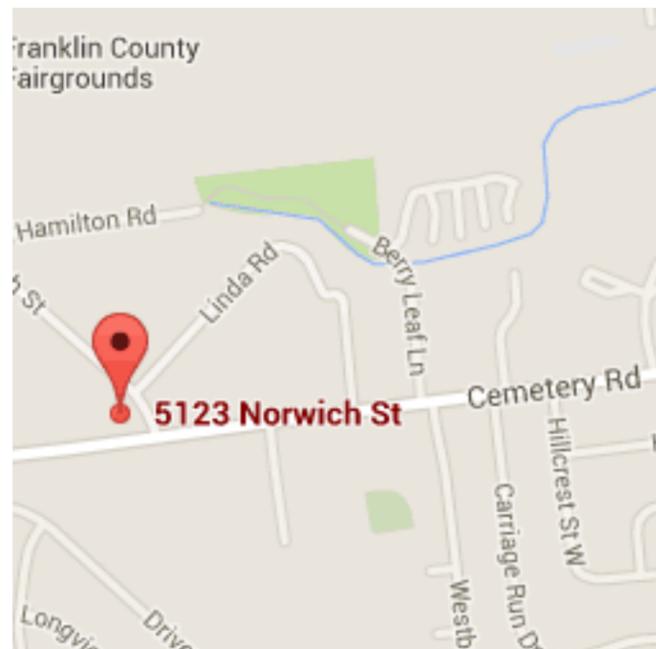
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NEMETH NEWS

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Trauma-Focused Cognitive Behavioral Therapy

Milena Brumbaugh, LISW
Outpatient Therapist, Intake Supervisor, Director of
Community Relations

At Nemeth Counseling and Consultation, we offer a program for children and adolescents that enables them to process traumatic experiences. Trauma-Focused Cognitive Behavioral Therapy, or TFCBT, is a proven treatment intended to help children do just that. The Adverse Childhood Experiences Study (ACE) found that as many as two in three people have experienced at least one adverse childhood experience, and as many as one in five have had three or more (Felitti and Anda, 1997). When bad things happen, we often do not want to think about them; we put things in the back of our minds and try to push them away. When we do not allow or challenge ourselves to process through these events, negative consequences can occur. The ACE study has found that many health problems, mental health problems, health risk behaviors, and even early death can result from unprocessed trauma (Felitti and Anda).

In order to combat the adverse effects of trauma, Nemeth Counseling provides this vital service to children who have undergone traumatic experiences. The children and adolescents will go through the step-by-step process of learning about trauma, expanding their sets of healthy coping skills, exploring and identifying thoughts and feelings, creating a narrative of their own personal traumatic events, and sharing their story with a safe person (typically a parent or guardian). The parent(s) also receive psychoeducation through this process in order to help their child succeed.

In the first step of the program, children will gain a greater understanding of their trauma. They will learn that they are not alone, as children often believe that they are the only one who has ever been through a particular experience. They will also learn coping skills to work through some negative effects of the trauma, like anxiety or panic. Distinguishing between thoughts and feelings is a significant piece of this program, as there are often inaccurate or unhelpful thoughts that accompany trauma; feelings, however, are always validated. The children will learn the connection between thoughts, feelings, and actions, and how to apply this concept to their own lives.

The most important part of the TFCBT process is the narrative. Stories are often drawn, written, or both, in order for children to express themselves. It begins with easy and simple topics, such as the child's happiest memory. Then the child tells the story of his or her traumatic experience(s), while the therapist elicits the thoughts and feelings that the child associates with his or her trauma. Time and care is spent to correct these unhelpful or inaccurate thoughts, and then the narrative is shared with the parents or caregivers. Throughout this process, parents are intimately involved and educated on how to best help their children. Finally, safety planning takes place, so the child feels secure and confident after treatment has ended.

Therapists at Nemeth Counseling understand the TFCBT process and are trained to assess if the program is appropriate for each unique child that enters into therapy. Our goal is to provide a safe place that allows children and adolescents to process through their memories and relieve themselves of the pain and suffering that traumatic experiences can incur. When therapy has ended, both the child and parents have learned new skills to help process through thoughts and feelings related to trauma. They have the ability to manage and resolve distressing thoughts, feelings, and behaviors. Finally, there is an enhanced understanding of safety, parenting skills, and communication that leaves the child and the parents feeling comfortable and at ease.

Felitti, V. J., & Anda, R. F. (1997.) The Adverse Childhood Experiences (ACE) Study. Centers for Disease Control and Prevention. Retrieved from <http://www.cdc.gov/ace/index.htm>

Inside the Issue

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Jodie Grafmiller M.S.Ed. LPCC-S: Clinical Supervisor

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



In January of 2011, Jodie Grafmiller became one of the first hires at Nemeth Counseling and Consultation, and the very first step toward building a team. When Chris Nemeth decided it was time to seek out another individual to grow his practice, the competition for the

position was stiff. After an extensive search, Jodie's high level of energy and enthusiasm made her the clear choice for the job. Since then, Jodie has become an integral part of Nemeth Counseling's growth and success. Her wonderful personality makes her not only an enjoyable coworker, but a spectacular clinician.

Jodie has worked in the field of Mental Health in Columbus for the last eight years. Her extensive experience combined with her desire to learn and accomplish great things has caused her to rise to the top at Nemeth Counseling. After coming on board with the company, Jodie immediately began to involve herself in events to better the community in which she worked. It quickly became clear that her outgoing personality and natural charisma made her an ideal candidate for the role of Director of Community Relations.

As her time with and contribution to Nemeth Counseling has continued to grow, Jodie has now stepped into the role of Clinical Supervisor. Jodie will now be responsible for supervising and overseeing other clinical staff. We are excited to see her share her knowledge and skills with others, which will undoubtedly contribute to the continued improvement of our team as a whole. Because of the consistently positive feedback from her clients as well as her coworkers, we are confident that Jodie will continue to exceed expectations in this position.

In the words of C.E.O. Chris Nemeth, Jodie is simply, "special." She brings an energy and dedication to the workplace that is irreplaceable. She is truly devoted to the care of her clients and the quality of her work. It is clear to anyone who meets her that she genuinely loves what she does and is the type of person who will stop at nothing to be the best that she possibly can. Jodie can be described

as nothing short of an asset to the company, her clients, and her coworkers, and we are thrilled to see what the future has to hold for her.

Nemeth Mediation

Jodie Grafmiller, PCC-S
Outpatient Therapist, Clinical Supervisor

In 2013 Nemeth Counseling and Consultation LLC had the privilege of having Amy Armstrong, LSW, a local mediator and therapist, join our team. Since beginning at Nemeth Counseling and Consultation, Amy has been working with CEO Chris Nemeth to develop a Mediation program to offer to our clients and the public at a reasonable cost. Because of the positive community response to the program, Nemeth Counseling was pleased to add another Mediator to our team in 2014, Deborah Frazier, LSW.

Mediation is a structured process whereby professional mediators and financial specialists facilitate the decision-making needed for dissolution of marriage. Mediation offers an approach that provides a neutral setting for individuals to articulate their needs, interests and goals, as well as create a mutually agreeable solution that can be filed in court. Research shows that people are happier when they craft their own outcome as an alternative to a court and attorney-centered process. Comprehensive agreements include all aspects and details of the financial settlement (property division, spousal support, child support) and parenting plan (communication, schedules, decision-making). The expertise of the mediators and financial professionals can meet the needs of the most complicated financial and logistical situations. Mediation can include other professionals on an as-needed basis, including business evaluation and tax experts, appraisers, child specialists, and coaches.

During the mediation process, clients may choose to each have their own advocate or coach with them in the session. Clients may also bring in their own support people as well as set their own pace for the sessions. Some clients may feel best with a process where options are created in the mediation sessions, and the clients take time to give thought to each option privately. In mediation, skilled professionals help identify individual and family goals, manage emotions, and direct the conversation so the clients focus on the best interests of the family. The process of mediation is tailored to the level of conflict of the couple. The mediator carefully assesses the conflict style and power balance between the parties, and creates an appropriate process. Some couples never sit in a room together; rather, mediation is provided "shuttle" style, where the mediator goes back and forth between the

clients. In contrast, some couples need very little intervention by the mediator.

Skilled mediators may refer clients to attorneys throughout the mediation process. Once all the decisions are made, at least one of the parties engages an attorney to draft and file the legal documents in court for a legal dissolution of marriage.

Contact Nemeth Counseling and Consultation to see if mediation is right for you!

NEMETH IN THE COMMUNITY

As a company, Nemeth Counseling considers community involvement and support to be of great importance. 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.

'Walk A Mile In Her Shoes'

May 10, 2014

Staff participated in an event hosted by Gracehaven to help raise awareness about human trafficking.

Military Appreciation Day

July 14, 2014

Staff attended the Franklin County Fair in honor of 'Military Appreciation Day.'

The New Faces of Nemeth



Katie Swisher, LISW, is a full time outpatient-therapist. Katie works with individuals, couples, and families, and she has extensive experience working with children and adolescents. Her treatment approaches include Client-Centered Play therapy and Directive Play therapy techniques, Cognitive Behavioral Therapy, Trauma Focused Cognitive Behavioral Therapy, Solution Focused Therapy, and Dialectical Behavioral Therapy skills. Katie strives to provide a sense of safety and trust with her clients.



Deborah Frazier, LSW, is a part-time outpatient therapist and mediator. She provides individual, couples, and family counseling, and she specializes in coaching parents on parenting through difficult times. Deborah has made a significant contribution to our new mediation program, and she believes that it is within the power of each and every person to create the life he or she desires.