



Welcome to Innerspace Counseling, LLC's newsletter where we share program information, staff features, and mental health news with our community. Thank you for reading.

Innerspace Counseling celebrates it's 5th Anniversary.

April 2019 begins our 5th year of providing mental health services to the community. We thank our patients for their trust in us and the professional community for your partnership. We look forward to continuing to provide excellent therapeutic treatment and individualized services to all who come through our door.

Volume 1, Issue 2

April 2019

Innerspace *insights*

Innerspace Program Options:

- Intensive Outpatient Programs:
 - Children (ages 8-11)
 - Adolescents (ages 12-17)
 - Adults
- Partial Care Programs:
 - Adolescents (ages 12-17)
 - Adults

All Programs Include:

- Comprehensive Psychiatric Assessment & Consultation
- Individual Therapy with a State of NJ Licensed Therapist
- Group Therapy
- Dialectical Behavior Therapy
- Medication Management
- Family Therapy
- Parent Support Groups

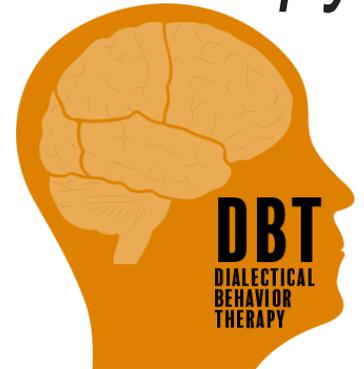
We also service those who have co-occurring substance use disorders.

If you or a loved one is in need of mental health services call Innerspace Counseling today for a consultation at 732-332-8270.

Dialectical Behavior Therapy

How Innerspace Counseling is utilizing DBT in group settings for lasting success in their patients.

*By Courtney Zambrano, MA, LPC, NCC
Assistant Program Director*



Dialectical Behavior Therapy, also known as DBT, is a type of therapy which main goals are to teach people how to live in the moment, cope healthily with stress, regulate emotions, and improve relationships with others. DBT focuses on increasing awareness by noticing thoughts, feelings, and body sensations and then strengthening attention back to the present moment. DBT was originally developed to treat borderline personality disorder. However, research shows that DBT has also been used successfully to treat people experiencing depression, anger, anxiety, panic attacks, rumination, eating disorder behaviors, bipolar disorder, post-traumatic-stress disorder, self-harming, suicidal tendencies and substance abuse. Each of our therapists give diary cards to each patient that they have to complete daily and bring back in their individual sessions weekly. This helps the patient track what is going on each day and also holds the patient accountable. DBT techniques consist of: mindfulness, distress tolerance skills, interpersonal effectiveness skills, how to walk the middle path, and emotion regulation skills. Each patient is learning the skills in group, as well as in individual sessions. With unique treatment protocols and individualized treatment planning, our clients are able to take control of their intense emotions and focus on what is important to them.

Program Spotlight >>>

TEEN THERAPEUTIC SUMMER PROGRAM:

Innerspace Counseling is launching a Teen Therapeutic Summer Program that will run Monday through Friday from 9 AM to 3 PM from July 1st through August 23rd. This clinical program is designed for youth between the ages of 12 and 17 who have anxiety, depression, social anxiety, school avoidance, eating issues, mood instability, negative thoughts and behaviors, obsessive compulsive behaviors, oppositional behavior, angry outbursts, self harming behaviors, etc. Our hope is to support youth who no longer have the structure and support of school through summer and increase their skills and coping strategies so that they are adequately prepared for the new school year.

SKILLS TO BE ADDRESSED & IMPROVED:



- Social Skills
- Self-Esteem
- Self-Care
- Impulse Control
- Coping Skills
- Focus & Concentration
- Time Management
- Sleep Hygiene
- Family Dynamics

OPEN HOUSE:

Visit us to learn about the Teen Therapeutic Summer Program on Tuesday, April 16th.

Professionals: 9:30 – 10:30 AM

Parents & Youth: 4 – 5 PM

REGISTRATION:

Call 732-332-8270 beginning on May 1st to be placed on our list if your child qualifies. Space is limited. Intakes will be conducted at the end of June.

COST:

Will vary based on insurance coverage. Innerspace Counseling is in network with most major insurance plans. Payment plans available.

PROGRAM INCLUDES:



- Individualized Plan
- Group Counseling
- Individual Therapy
- Medication Management
- Anger Management Skills
- Parent Support Group
- Back to School Prep
- Relapse Prevention
- Family Sessions
- DBT Skills
- Creative Therapy

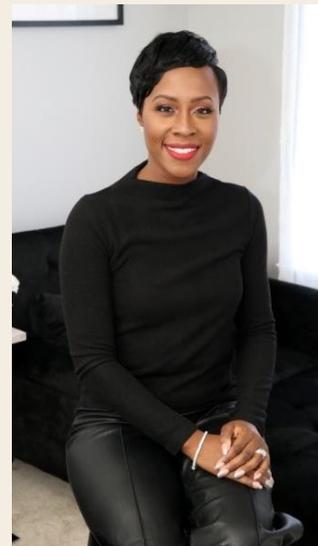
Staff Feature >>>

Meet our Doctor of Nursing Practice:

Myrto Mia McNeil, DNP, APN, PMHNP-BC

Dr. McNeil graduated Summa Cum Laude from Rutgers University with a Doctor of Nursing Practice degree. Her clinical training includes clinical rotations in the Lehigh Valley Health Network psychiatry department in Bethlehem PA, the KidsPeace Hospital in Orefield PA and the Rutgers Focus Wellness Center in Newark NJ. Her work experience encompasses various levels of psychiatric care including, inpatient, outpatient and residential work settings.

Dr. McNeil has a personal commitment to promote optimal mental health for individuals across the lifespan using an integrated holistic approach. She engages every aspect of the self- physical, cognitive, social, emotional and spiritual to promote well-being. She has adopted a therapeutic approach that incorporates various therapy principles from cognitive-behavioral therapy, dialectical behavioral therapy and solution-focused therapy to engage clients and effect therapeutic change. As an adjunct professor, she supports the growth and development of nursing students for undergraduate and graduate nursing programs at DeSales University. She is experienced in curriculum development focused on nursing research and evidence-based practice. She has earned several awards for high levels of achievement in both academic and clinical studies.



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