

## Counseling

(Individual, Couples, and Family)

Our counseling approach includes the use of the following **strengthening techniques**, including:

**Developed by Trish and Alvin Mares**  
**Personal Power (Self-Management)**  
**CONTROL Parenting** (Reactive Attachment Disorder)  
**Sharing-Caring Communication (Couples)**

**Developed by Others**

**Cognitive Behavioral Therapy (CBT)**

[https://en.wikipedia.org/wiki/Cognitive\\_behavioral\\_therapy](https://en.wikipedia.org/wiki/Cognitive_behavioral_therapy)

**Solution-Focused Brief Therapy (SFBT)**

[https://en.wikipedia.org/wiki/Solution-focused\\_brief\\_therapy](https://en.wikipedia.org/wiki/Solution-focused_brief_therapy)

**Eye Movement Desensitization and Reprocessing (EMDR)**

[https://en.wikipedia.org/wiki/Eye\\_movement\\_desensitization\\_and\\_reprocessing](https://en.wikipedia.org/wiki/Eye_movement_desensitization_and_reprocessing)

**Dialectical Behavior Therapy (DBT)**

[https://en.wikipedia.org/wiki/Dialectical\\_behavior\\_therapy](https://en.wikipedia.org/wiki/Dialectical_behavior_therapy)

**Family Systems Theory**

[https://en.wikipedia.org/wiki/Family\\_therapy](https://en.wikipedia.org/wiki/Family_therapy)

**Unwanted Intrusive Thoughts**

<https://www.psychologytoday.com/us/blog/living-sticky-mind/201907/unwanted-intrusive-thoughts>

**Box Breathing**

<https://www.medicalnewstoday.com/articles/321805>

## Parenting

### Four-hour class

*Crossroads of Parenting & Divorce: 5 Steps to Prevent Divorce Abuse*

- ☑ Step One: Keep Your Child out of the Middle
- ☑ Step Two: Allow Your Child to Love Both Parents
- ☑ Step Three: Work on Your Own Recovery
- ☑ Step Four: Develop New Communication Skills
- ☑ Step Five: Create a New Relationship as Co-Parents

### Sixteen-hour class

*Cooperative Parenting & Divorce: Shielding Your Child From Conflict (Boyan & Termini, 2003)*

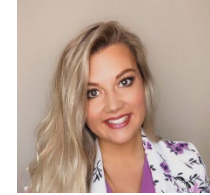
- ☑ Session 1: Making the Commitment to Caring (Child-Focused or Out of Focus)
- ☑ Session 2: Allowing My Child to Love Both Parents (Plan for Peace or Tug of War)
- ☑ Session 3: Changing My Long Term Role (Letting Go or Holding On)
- ☑ Session 4: Choosing My Personal Path (Make it Better or Keep it Bitter)
- ☑ Session 5: Managing My Own Anger (Neither Fight nor Take Flight)
- ☑ Session 6: Taking Control of Conflict (Defuse or Light the Fuse)
- ☑ Session 7: Negotiating Agreement (All a Winner or Winner Take All)
- ☑ Session 8: Co-Parenting Is Forever (Cooperation or Conflict)

Alvin Mares is a **Parenting Coordinator** appointed by the Common Pleas Court of Ross County and surrounding counties.

<https://www.supremecourt.ohio.gov/JCS/disputeResolution/resources/parentingCoord/toolkit.pdf>

## Medicating

Alex Henry, M.S., PMHNP-BC, provides psychiatric medication evaluation and management services for youth and adults.



## Testing

Erin Dudit, M.S., (pronounced did-way) administers psychological diagnostic evaluations to youth and adults.



## Rates

We accept most major insurances, with copays for counseling typically being the same as a regular visit to the family doctor.

The "cash rate" for counseling is \$111 per hour, \$217 for a new patient medication evaluation, and \$176 for a psychological evaluation.

Sliding fee scales are available to help make services more affordable.

For more information text message our administrative team at (740) 240-0665, or visit <https://www.mares-cares.com/rates>.

## Staff

### Child and Family Therapists

- ★ Patricia Mares, M.Ed., LPCC-S
- ★ Leighanne Johnson, M.Ed., LPC
- ★ Kimberly Roderick, M.Ed.
- ★ Maggie Lambert, M.Ed.
- ★ Stacey Cartee, M.Ed., CSOTP
- ★ Amanda Burns, M.S.W.
- ★ Megan Maxwell, B.S., LSW
- ★ Jessica George, B.S.W.
- ★ Teagan McFadden, B.S., PRS
- ★ Ashley Merritt, B.A.

### Adult and Couples Therapists

- ★ Alvin Mares, Ph.D., LISW-S
- ★ Rev. Jessica Warth, M.A., SWT
- ★ Esther Beekman, B.S., LSW
- ★ Becky Tackett, B.A.
- ★ Kelli Cunningham, B.A.

### Peer Supporters

- ★ Sara Flowers, A.A., PRS
- ★ Jennifer Foreman, PRS

### Specialists

- ★ Alex Henry, M.S., PMHNP-BC
- ★ Erin Dudit, M.S.

### Administrative Team

- ★ Talia Salyer, Office Manager
- ★ Ciera Ousley, Billing Specialist
- ★ Pati Byers, Receptionist

### ***South Central Ohio's premiere behavioral health private practice***

14,996 hours of counseling services  
provided to 2,658 clients in 2021

*Partners for Kids* network provider

Quality, affordable, and accessible  
services, both in-person and virtually

## Offices



628 Commanche Rd (2013)



382 Arch Street (2018)



376 Arch Street (2018)



406 Arch Street (2019)



10 Dun Road (2021)



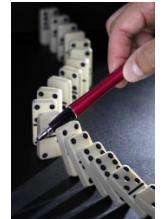
## Strengthening in Difficult Times



Trauma



Adoption



Transition



Divorce



Loss

## ***Counseling Parenting Medicating Testing***

(740) 804-6800 office  
(740) 721-4155 fax  
mares-cares.com