

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

Solution-Focused Brief Therapy (SFBT)
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

Dialectical Behavior Therapy (DBT)
https://en.wikipedia.org/wiki/Dialectical_behavior_therapy

Family Systems Theory
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)

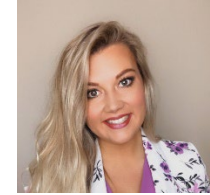
- ☑ Session 1: Making the Commitment to Caring (Child-Focused or Out of Focus)
- ☑ Session 2: Allowing My Child to Love Both Parents (Plan for Peace or Tug of War)
- ☑ Session 3: Changing My Long Term Role (Letting Go or Holding On)
- ☑ Session 4: Choosing My Personal Path (Make it Better or Keep it 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.



Christy Little, LPN, provides clinical support to Alex Henry, including rooming patients, taking vitals, administering medications, answering the nursing line, scheduling appointments, refilling prescriptions, etc.



To schedule a medication evaluation or management appointment, please call the Nurse Line at (740) 779-3386.

Rates

The "cash rate" for counseling ranges from \$74 to \$111 per hour, and \$217 for a new patient medication evaluation.

We accept many types of insurance.

Out of pocket costs are determined by insurance eligibility and benefits and provider paneling status and experience.

For more information 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., CT
- ★ Maggie Lambert, M.Ed., CT
- ★ Stacey Cartee, M.Ed.
- ★ Amanda Burns, M.S.W.
- ★ Amber Gillispie, M.S.W.
- ★ Megan Maxwell, B.S.W., LSW
- ★ Jessica George, B.S.W., LSW

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., SWT
- ★ Jillian Gebhardt, M.S.W.

Peer Supporters

- ★ Kelli Cunningham, B.A., PRS
- ★ Teagan McFadden, B.S., PRS
- ★ Sara Flowers, A.A., PRS
- ★ Jennifer Foreman, PRS

Medicating Team

- ★ Alex Henry, M.S., PMHNP-BC
- ★ Christy Little, LPN

Administrative Team

- ★ Talia Salyer, Office Manager
- ★ Mackenna Stewart, QA 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)



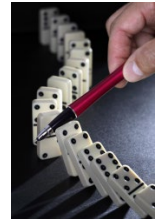
Strengthening in Difficult Times



Trauma



Adoption



Transition



Divorce



Loss

Counseling Parenting Medicating

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