

## Why Tides of Mind Counseling?

Tides of Mind Counseling is based on the premise that the experience of life is tidal. There are some days we are invincible, and other days fragile. We are in a constant state of flux that is often difficult to navigate on our own. Unlike normative therapy models, our model carries few assumptions about the proper course of a person's life. We focus on the kind of support that you believe you need to live your own good life. Our therapists are licensed and certified in evidenced based interventions that will help you navigate your personal challenges and command the direction of your life.

### Our exemplary treatment services include:

- › Individual, Couples, Family, & Group Services
- › In-Home & Community Counseling
- › Substance Abuse, Addiction & Recovery
- › Evidence-Based Trauma Recovery (CBT, TFCBT, DBT, EMDR)
- › Telehealth (online) Counseling
- › Holistic & Creative Therapies (certified art & play therapy)
- › Academic Support for At-Risk Youth
- › Social Skill Building for Children & Teens
- › LGBTQ Services



### Insurances we accept include:

Anthem, Husky (A-D), Cigna, Aetna, ConnectiCare, Medicare



## Tides of Mind Counseling

### WATERBURY OFFICE

230 Frost Road, Unit B | Waterbury, CT 06705

### TORRINGTON OFFICE

990 Migeon Avenue | Torrington, CT 06790

### MIDDLEBURY OFFICE

850 Straits Turnpike | Middlebury, CT 06762

### THOMASTON OFFICE

344 Watertown Road | Thomaston, CT 06787

### Schedule an Appointment Today!

Contact **Stacey Recchia**,  
our Intake Specialist,  
who will connect you with  
the best therapist to fit  
your personal needs.



Tel: (203) 819-0789

Fax: (203) 756-2521

hello@tidesofmind.com

**TidesofMindCounseling.com**



### Multilingual Services

English, Spanish, Portuguese, French, Italian, Swedish,  
Arabic, Hebrew, Urdu, Hindi, Punjabi, Bosnian,  
Croatian, Serbian and American Sign Language



## Tides of Mind Counseling®

Offering Excellence in  
Mental Health Care to Connecticut

**(203) 819-0789**

LEARN • LEAD • SUCCEED



# Our Therapists

## Sandra Summer, LCSW

Licensed Clinical Social Worker

- > Court mandates & DCF involved families
- > LGBT, trauma, domestic violence, & anger mgmt
- > EMDR Certified, Aromatherapy & Certified in Auricular Acupuncture



## Sandy Porteus, LCSW

Licensed Clinical Social Worker

- > Couples, LGBTQ & Domestic Violence
- > Grief & Loss, Stress, Addictions
- > Certified Supervision & Field Instructor



## Enas Mohammad, LMFT

Multilingual Licensed Marriage & Family Therapist

- > ODD, Intermittent Explosive Disorder & Self-Harm
- > Crisis Stabilization & Family Therapy
- > Fluent in Urdu, Punjabi & Hindi



## Danielle Moraes, LCSW

Tri-Lingual Licensed Clinical Social Worker

- > School & behavioral issues
- > TF-CBT & Circle of Security Parent Educator
- > Fluent in Spanish & Portuguese



## Michael Dutko, LPC, LADC

Licensed Prof. Counselor & Alcohol and Drug Counselor

- > DUI offenses & recently incarcerated adults
- > Military service members & PTSD
- > CPT, EMDR, DBT, Prolonged Exposure & Seeking Safety



## Diane D. Bender, M. Ed, LPC

Licensed Professional Counselor

- > Phobias, OCD, Life Transitions & Divorce
- > Utilizes CBT & Mindfulness exercises
- > Family Therapy & Child Play Therapy



## Kelly Mangan, LPC

Licensed Professional Counselor

- > ADHD, PTSD, spectrum disorders
- > Family & couples therapy
- > Applied behavior analysis



## Taylor Samela, LCSW

Licensed Clinical Social Worker

- > PTSD, trauma & relationship issues
- > Behavioral issues in at-risk youth
- > Holistic approach & Certified Reiki Practitioner



## Tracy Follert, LCSW

Licensed Clinical Social Worker

- > EDNR Certified, anxiety, depression, PTSD
- > Fluent in American Sign Language



## Iolanda Marucci, LCSW

Licensed Clinical Social Worker

Founder of Tides of Mind Counseling



## Tamar Saunders, LCSW, CAC

Licensed Clinical Social Worker & Certified Addictions Counselor

- > Reactive Attachment, CD, ODD, PTSD & Harm Reduction
- > Substance Abuse & Abstinence Based Treatment
- > CBT, DBT, Trem, Seeking Safety, Voices & Beyond Trauma



## Rachael Burke, LCSW

Licensed Clinical Social Worker

- > Anxiety, ADHD, Mood & Behavior Disorders
- > Depression & Trauma
- > DBT (individual & group) & Art Therapy



## Robin Lincoln, LCSW

Licensed Clinical Social Worker

- > Anxiety, Depression & Domestic Violence
- > Family Issues & Art Therapy



## Ronald Baptiste, LADC

Licensed Alcohol and Drug Counselor

- > Substance Use including Opiates & Alcohol
- > Implements Motivational Interviewing, CBT, 12-Step Facilitation & Relapse Prevention



## Dr. Mark Nadolski, PsyD

Licensed Clinical Psychologist

- > Mood, Anxiety Disorders & Addictions
- > Trauma, Personality Difficulties & Anger Management
- > Psychological assessment
- > Addictions & dual diagnosis



## Elizabeth Golden, LMFT

Licensed Marriage & Family Therapist

- > Telehealth (online) Counseling
- > Internal Family Systems & Life Transitions
- > PTSD, Military Members & Veterans



## Laurie Reisman, LCSW

Licensed Clinical Social Worker

- > Child Advocate, Foster/Adoptive Parenting
- > DCF Involved Families, Child Abuse
- > Addictions, Domestic Violence & Trauma



## Cori Capuano, LPC

Licensed Professional Counselor

- > Depression, Anxiety, PTSD & Self-Esteem
- > Domestic Violence & Relationship Issues
- > Trauma Focused (TF-CBT)



## Jennifer Ralph, LPC

Licensed Professional Counselor

- > Mood disorders, PTSD, family intervention
- > Addictions, mindfulness, in-home counseling



## Luisa Noujaim, LPC

Multilingual Licensed Professional Counselor

- > Mood & Personality Disorders, & Trauma Issues
- > Specializes in Domestic Violence & Divorce
- > Elderly & Refugee Population
- > Fluent in English, Arabic, French and Spanish



## Donna Tanganelli, LCSW

Licensed Professional Counselor

- > Eating Disorders, Crisis Intervention, Trauma
- > Personality Disorders, Substance Abuse
- > CBT, DBT, TREM, Intuitive Eating



## Samantha Turner, LPC

Licensed Professional Counselor

- > Intellectual Disabilities & Autism Spectrum
- > At-Risk & Adjudicated Youth, DCF Involved
- > Substance Abuse & Trauma



## DaJavon Davis, LMFT

Licensed Marriage & Family Therapist

- > Anxiety, ADHD, Depression, PTSD, Behavioral Issues
- > LGBT & Gender Identity Issues
- > Couple/Marital Issues & Family Conflict



## Sonja Blasko, LPC, LADC

Multilingual Licensed Professional Counselor

- > Licensed Alcohol & Drug Counselor
- > Mood Disorders, Trauma, Grief
- > Addiction Recovery & Court Mandates
- > Fluent in Bosnian, Croatian & Serbian



## Sharayah Morrissey, LMFT

Bilingual Licensed Marriage & Family Therapist

- > In-Home Counseling for Depression, Anxiety, Behavior Issues & Communication
- > Fluent in English and Spanish



## Patrick Keenan, LPC

Licensed Professional Counselor

- > Oppositional, Aggressive and/or Self Injurious Behavior
- > PTSD, Relationship Difficulties
- > Autism Spectrum & Behavior Analysis



## Alison Milano-Mailhot, LCSW

Licensed Clinical Social Worker

- > Crisis Intervention for At-Risk Youth
- > Anxiety, Autism Spectrum & Depressive Disorders
- > Developmental Disabilities & Neurocognitive Disorders



## Kara Boles, LPC

Licensed Professional Counselor

- > Depression, Anxiety, ADHD & Trauma
- > Autism Spectrum & Child Play Therapy
- > Parenting skills Education
- > Certified Circle of Security Educator



For more information on our entire team, please visit [TidesofMindCounseling.com](https://www.tidesofmindcounseling.com)