

Why Tides of Mind Counseling?

Navigating the tides of change can prove to be a difficult challenge. But if it does not challenge you, it does not change you. The clinicians at Tides of Mind Counseling are specifically trained to help you explore a deeper understanding of yourself. With our therapeutic intervention you will be able to navigate your personal situation and find your inner compass, allowing you take charge and command the direction of your life.

Our exemplary treatment services include:

- › Individual Counseling (child, teen & adult)
- › In Home Counseling (Husky, Aetna, Cigna)
- › Marriage and Family Therapy
- › Parenting Skills Education
- › Positive Behavior & Academic Support
- › Substance Abuse Treatment
- › Trauma Recovery (DBT, EMDR, CPT)
- › Holistic/Creative Therapies
- › Skill Building for At-Risk Youth
- › LGBTQ & Gender Nonconforming Services



Insurances we accept include:

Anthem, Husky (A-D), Cigna, Aetna, ConnectiCare, Magellan, MHN/Tricare



Tides of Mind Counseling

WATERBURY OFFICE

230 Frost Road, Unit B | Waterbury, CT 06705

TORRINGTON OFFICE

990 Migeon Avenue | Torrington, CT 06790

MIDDLEBURY OFFICE

1255 Middlebury Road | Middlebury, CT 06762

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

TidesofMindCounseling@gmail.com

TidesofMindCounseling.com



Multilingual Services

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

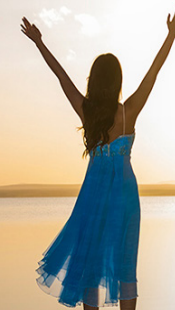


Tides of Mind Counseling®

Offering Excellence in
Mental Health Care to Connecticut

(203) 819-0789

LEARN • LEAD • SUCCEED



Our Therapists

Iolanda Marucci, LCSW
Licensed Clinical Social Worker
Founder of Tides of Mind Counseling



Luisa Noujaim, LPC
Multilingual Licensed Professional Counselor
› Mood & Personality Disorders, & Trauma Issues
› Specializes in Domestic Violence & Divorce
› Fluent in English, Arabic, French and Spanish



Sandra Summer, LCSW
Licensed Clinical Social Worker

- › Court mandates & DCF involved families
- › LGBT, trauma, domestic violence, & anger mgmt
- › EMDR Trained, Aromatherapy & Auricular Acupuncture



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



Donna Tanganelli, LCSW
Licensed Professional Counselor

- › Eating Disorders, Crisis Intervention, Trauma
- › Personality Disorders, Substance Abuse



Sandy Porteus, LCSW
Licensed Clinical Social Worker

- › Couples, LGBTQ & Domestic Violence
- › Grief & Loss, Stress, Addictions



Rachael Burke, LCSW
Licensed Clinical Social Worker

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



Samantha Turner, LPC
Licensed Professional Counselor

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



Laurie Reisman, LCSW
Licensed Clinical Social Worker

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



Robin Lincoln, LCSW
Licensed Clinical Social Worker

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



DaJavon Davis, LMFT
Licensed Marriage & Family Therapist

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



Danielle Moraes, LCSW
Tri-Lingual Licensed Clinical Social Worker

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



Ronald Baptiste, LADC
Licensed Alcohol and Drug Counselor

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



Kris Robles, LCSW
Licensed Clinical Social Worker

- › LGBT & Gender Nonconforming Issues
- › Anxiety & Trauma Related Issues
- › Addictions & Co-occurring Disorders



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



Dr. Mark Nadolski, PsyD
Licensed Clinical Psychologist

- › Mood, Anxiety Disorders & Addictions
- › Trauma, Personality Difficulties & Anger Management
- › Psychological assessment



Sharayah Morrissey, LMFT
Bilingual Licensed Marriage & Family Therapist

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



Diane D. Bender, M. Ed, LPC
Licensed Professional Counselor

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



Esther Baylis, LCSW
Bilingual Licensed Clinical Social Worker

- › Trauma, Grief/Loss, Stress & Relationship Issues
- › TF-CBT, Child & Family Traumatic Stress Intervention
- › Fluent in Hebrew



Cori Shurack, LPC

- Licensed Professional Counselor
- › Depression, Anxiety, PTSD & Self-Esteem
 - › Domestic Violence & Relationship Issues
 - › Substance Abuse Disorders



Nicole Biolo, LCSW
Licensed Clinical Social Worker

- › Oppositional Defiance & Youth Behavioral Issues
- › PTSD & Borderline Personality Disorder
- › CBT, Motivational Interviewing & ARC



Enas Mohammad, LMFT
Multilingual Licensed Marriage & Family Therapist

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



Alison Milano-Mailhot, LCSW
Licensed Clinical Social Worker

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



Taylor Samela, LCSW
Licensed Clinical Social Worker

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



Carrie Miranda, LCSW
Licensed Clinical Social Worker

- › Personality Disorders, Self-Harm & Crisis Stabilization
- › DCF & Court Involved Clients
- › CBT & Positive Parenting Techniques



Kara Boles, LPC

- Licensed Professional Counselor
- › Depression, Anxiety, ADHD & Trauma
 - › Autism Spectrum & Child Play Therapy
 - › Parenting skills Education



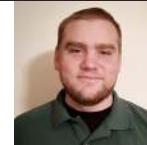
Towanna Headley, LCSW
Licensed Clinical Social Worker

- › ADHD, ODD & Conduct Disorder
- › CBT, DBT, ARC & Motivational Interviewing



Patrick Keenan, LPC
Licensed Professional Counselor

- › Oppositional, Aggressive and/or Self Injurious Behavior
- › PTSD, Relationship Difficulties



For more information on our entire team,
please visit TidesofMindCounseling.com