

## 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
- › Registered Play Therapists
- › Academic Support for At-Risk Youth
- › Social Skill Building for Children & Teens
- › LGBTQ Services
- › Medication Management Services



### Insurances we accept include:

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



## 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

### CANTON OFFICE

191 Albany Turnpike, Suite 3 | Canton, CT 06019

## Schedule an Appointment Today!

Contact our Intake Specialist at (203) 819-0789 to be matched with the most qualified therapist to fit your personal needs.



Tel: (203) 819-0789

Fax: (203) 756-2521

hello@tidesofmind.com

**TidesofMindCounseling.com**



### Multilingual Services

English, Spanish, Swedish, Urdu, Hindi, and Punjabi

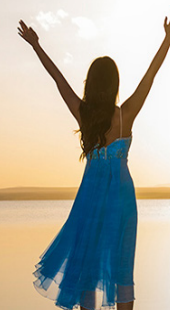


## Tides of Mind Counseling®

Offering Excellence in  
Mental Health Care to Connecticut

**(203) 819-0789**

LEARN • LEAD • SUCCEED



# Our Therapists

## Kara Boles, LPC, RPT

Licensed Professional Counselor & Registered Play Therapist

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



## 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



## Kerry Perillo, LPC, NCC

Licensed Professional Counselor & National Board Certified Counselor

- › Crisis intervention, foster care & adoption, RAD, parent coaching, anxiety & mood disorders



## Amanda Tangney, LPC

Licensed Professional Counselor

- › Grief, trauma, LGBTQ, crisis intervention, travels in home



## 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

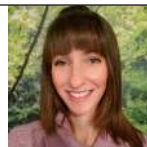
- › ADHD, PTSD, spectrum disorders
- › Family & couples therapy
- › Applied behavior analysis



## Theresa Chawner, LCSW

Licensed Clinical Social Worker

- › Self awareness, connection, mindfulness, yoga, DBT, TFCBT, social skills, parent training



## Karen Tyson, LADC

Licensed Alcohol & Drug Counselor

- › Addiction recovery, depression, anxiety & legal struggles



## 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 (TFCBT)



## Malina Choi, LPC

Licensed Professional Counselor

- › At-Risk teens, couples, DBT, CBT, culturally diverse



## Eileen Andricovich, LMFT

Licensed Marriage & Family Therapist

- › Certified Reiki Master, Holistic counseling, helps develop mind, body & spiritual awareness.



## Rebecca Rotondo, LCSW, ADS

Licensed Clinical Social Worker & Acupuncture Detox Specialist

- › Individual, couples & group therapy, sexual identity issues, life changes, trauma, co-occurring disorders



## Samantha Turner, LPC

Licensed Professional Counselor

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



## Jessica Schirano, LPC

Licensed Professional Counselor

- › School concerns, executive functioning, stress management



## Tina Muller, LCSW, LADC

Licensed Clinical Social Worker & Licensed Alcohol & Drug Counselor

- › Addiction, trauma, grief, family & marital conflict



## Sharayah Morrissey, LMFT

Bilingual Licensed Marriage & Family Therapist

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



## Jennie Santa Maria, LPC

Licensed Professional Counselor

- › Child-Parent Psychotherapy, Circle of Security Educator, childhood trauma, behavior intervention



## Alison Milano-Mailhot, LCSW

Licensed Clinical Social Worker

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



## Heather Humphrey, PMNHP

Board Certified Psychiatric-Mental Health Nurse Practitioner

- › Medication management services for all ages
- › Specialties in depression, anxiety, addiction, mood disorders, trauma & psychosis



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