

Alternatives In Counseling, Inc.

Dr. Steven R. Silverstein, CCS, ACS, LPC, LCADC
Louis Palena, ACS, LPC
Cynthia Griffin, LPC
Regina Egerton, MSW, LSW

Tammi Cruice, LPC
Susan Howell, LAC
Lorraine Ruiz, LAC
Toni Mendillo, LAC

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This information is required by the State Board of Social Workers, Marriage & Family Therapists and Professional Counselors, which regulate Marriage & Family Therapists and Professional Counselors. State Board of Social Workers, Marriage & Family Therapists and Professional Counselors: P. O. Box 45044, Newark, New Jersey 07101, 973-504-6582

We are pleased that you have considered coming to us for counseling. Counseling is a very personal shared interaction between two people and should not be entered into lightly. The following information is designed to help you know what you can expect from the counseling process. Counseling has limited effectiveness if you only concentrate on the issues and concerns once a week. Therefore, as part of our approach, you will be asked for your personal active effort throughout the week. All of our clients are encouraged to prepare for each session and review between sessions. You will be asked that you do specific activities and/or read specific books that will help you expedite the time it takes for you to address your concerns. The process of therapy and recovery requires a great deal of work and understanding. To help accomplish this, a variety of methods may be recommended to assist you including: individual counseling, family counseling, and or group counseling. Due to the personal and private nature of counseling, your confidentiality will be maintained as directed by law. Ethical standards restrict dual relationships and it is illegal to have sexual contact with your counselor. We are not forensic therapists. Due to the therapeutic nature of our services we choose the option to not participate in legal proceedings.

The fees are: Dr. Steve is \$145.00, LPC & LCSW \$120.00, LAC & LSW \$90.00, Interns is \$60.00 payable at each visit. We attempt to cooperate with insurance providers, but this does not guarantee coverage. If you are considering insurance companies for reimbursement, you should have already contacted your insurance provider and discuss this option at your first visit with us. We maintain a 24 hour answering service to avoid the charge in the event an appointment is not attended. Missed appointment fees are \$30.00 or the co-pay whichever is greater. Returned check fees will be required to be paid.

Dr. Steve has received the Doctor of Ministry degree in Counseling from Westminster Theological Seminary. He has been in private practice since 1992. Dr. Steve is an Approved Clinical Supervisor (ACS), and Licensed by the States of Pennsylvania and New Jersey as a Professional Counselor (LPC). He also holds LCADC (addictions) in New Jersey. He is author of *Help for the Hurting Heart*. Dr. Steve is speaker and network counselor for New Life Ministries and Focus on the Family and an active member of the South Jersey Christian Counseling Consortium and a member of the American Association of Christian Counselors.

Lou Palena is an Approved Clinical Supervisor and Licensed Professional Counselor with a master's degree in Pastoral Care and Counseling, and is working to become an Approved Clinical Supervisor. His goal is to shepherd clients to a state of peace within their brokenness, clarity within their thinking, confidence in decision making and actions. His objective can be accomplished through genuine self examination of spirit, mind, heart, and body in light of our genetics, environment, faith and psychological dynamics. This forum is conducted in a confidential, non-judgmental, client centered safe setting.

Cynthia Griffin is a Licensed Professional Counselor in the state of New Jersey. She received a Master of Arts degree in mental health counseling from Alliance Graduate School of Counseling at Nyack College and is a member of the American Association of Christian Counselors. She has a passion for facilitating the restoration of the broken hearted by integrating professional therapeutic methods with Christian spirituality. Cynthia has worked with couples, families and individuals struggling with depression, anxiety, trauma, abuse, loss and conflict in relationships. She also has expertise in working with women suffering from post abortion stress.

Susan Howell, MSCC, LAC holds a Master of Science in Christian Counseling from Cairn University (formerly Philadelphia Biblical) and a Bachelor of Arts in Psychology from Rutgers University in Camden. She currently holds her NJ License as an Associate Counselor. Susan loves learning about the brain and how trauma affects the brain and the individual's functioning in life. She has been serving at her church since 2008 as a co-facilitator of the Relationship Recovery / Divorce Care ministry and providing individual counseling. In addition, she completed an internship year at Cairn's Counseling Center serving the school's students and community. Susan's counseling is focused on women and relationships, as well as boundary issues. She has a heart for women who have experienced abuse whether that is verbal, emotional, spiritual or physical abuse. She has witnessed the growth and healing of many as they work through

the grief and loss of relationship. Susan understands that when God's people are well and whole they are equipped to go out and serve God's greater community. She has a heart for serving God's people.

Lorraine Ruiz is a Licensed Associate Counselor, who earned her Masters of Arts in Professional Counseling from Liberty University and received her Bachelors of Arts in Social Science from Chapman University. Her counseling concentration has included working with women, adolescents and couples struggling with anger, abuse, anxiety, depression, addictions and relational boundaries. With over 13 years experience of lay counseling, Lorraine's approach in counseling is one where the individual's God-intended uniqueness guides the discovery and healing process integrating the entirety of a person (heart, mind, body). Believing the counseling process is a partnership, she encourages the use of multifaceted resources that will support the client's goals. Lorraine's multicultural perspective and appreciation has come from having lived throughout the U.S. and overseas. She is available to counsel in Spanish.

Toni Mendillo is a Licensed Associate Counselor in the state of New Jersey and has her Master of Arts degree in Professional Counseling from Liberty University. She has many years of experience working with women, children, adolescents, and couples and has a passion to help those who have experienced trauma from abuse. Toni's focus in counseling is to provide a safe place to explore adverse life experiences through compassionate guidance and proven therapeutic techniques. She assists her clients in learning effective coping skills for challenging life situations and helps them move toward personal healing and healthy relational interactions. Toni has additional training in Cognitive Behavioral Therapy (CBT), Gottman Method Couples Therapy, play therapy, and Dialectical Behavioral Therapy (DBT) and is always happy to integrate Christian-Biblical principles in the counseling process.

Regina Egerton, MSW, LSW, is a Licensed Social Worker in the state of New Jersey, who earned a Masters in Social Work from Rutgers, The State University of New Jersey. In addition to Regina's qualifications, she has a reputation for being a caring individual and she is recognized for the empathy she has for her clients. When children and adults are suffering people with abuse, trauma, loss and conflict in relationships, they often feel alone and unraveled. Respecting the dignity of each client, Regina 's goal is to provide a safe, judgment free environment that fosters healing and restoration, using a therapy model that includes the mind, body and soul, under the supervision of Licensed Clinical Social Worker, Carolyn Gribbin

Josh Butala is a student in the Liberty University Masters of Professional Counseling program, currently in the Practicum portion of his program. His goal is to earn his LPC (Licensed Professional Counselor) and provide counseling in both the church and community settings. Josh has Bachelor Degrees in Middle School Education (Concentration in English) and Biblical Studies from Lancaster Bible College. For the past 7 years, he has worked internationally and domestically in a variety of teaching opportunities and placement including working alongside youth in alternate education settings. He has a passion for learning, teaching, and working alongside people to maximize their God-given design and potential. He is intrigued by learning and understanding human personality and its various applications. He is a certified Myers Brigg Type Indicator (MBTI) (Step 1 and Step 2) practitioner and enjoys working with individuals and groups to help them better understand and utilize their God-given preferences in all areas of life. Josh has a preference for working through Narrative, Existential, Cognitive- Behavioral, and Interpersonal theoretical perspectives in counseling. He believes every person has a story and true meaning and significance is only found when a person's story enters into relationship and unity with God's grand narrative of redemption and reconciliation. His life verse is Philippians 3: 12-14," Not that I have already obtained this or am already perfect, but I press on to make it my own, because Christ Jesus has made me his own. Brothers, I do not consider that I have made it my own. But one thing I do: forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus." Josh is grateful and excited for the opportunity to work alongside Dr. Silverstein and pressing on to wherever God leads him.

Interns and Licensed Associate Counselors (LAC) are under the supervision of Dr. Steven R. Silverstein, LPC, LCADC, CCS, ACS and/or Louis Palena, LPC, ACS.

Counselor

Date