

## Clinician Spotlight

**Heart and Mind Counseling** wants to help you create harmony between your heart (physical aspects of your body) and mind (mental aspects of your body) to achieve a balance based upon your unique situation environmentally, culturally, mentally, and physically.

We understand the struggle when life feels like it is spiraling. Our goal is to help you get your balance back and show you how to maintain it going forward.

We work with couples, families, and individuals who are experiencing depression, anxiety, grief, congenital disease, chronic disease, and health issues, including organ transplant, to help you overcome your hurdles so you can start enjoying moments in life again.

### Meet Kennedy Boulis, MSW, LCSW



Over the years in school, I have learned that becoming a Social Worker is not about helping others or “fixing things for others,” but rather helping others learn to help themselves. This is accomplished in many ways, one of which is therapy.

*I work with patients of all ages, including teenagers with behavioral problems, including ADHD, anger, grief, impulse control and various forms of anxiety. I work with clients to establish goals using therapy tools such as CBT, ACT, mindfulness, play therapy and Psychodynamic Therapy.*

### Meet Joe Morales, MA, LPC



I have dedicated my career to working with individuals of all ages, addressing various mental health issues, relationship challenges, and helping others facilitate their personal development goals. My main focus areas have been treating ADHD, anxiety, depression and family relationships. In reflecting on my professional journey, I view my work as a “privilege” affording me the opportunity to help clients. I offer therapy in English and also Spanish.

*After earning a Bachelor of Science in Education at Delta State University in Mississippi, I went on to earn a Master of Arts in Community Counseling through Stephen F. Austin State University in Nacogdoches. Joe is licensed in the States of Florida, Michigan, Texas and Vermont. Soon in Colorado and Georgia.*

**If you have an emergency OR you know of someone in a crisis situation, immediately call 911, 988 or go to the nearest Hospital or Emergency Department. DO NOT WAIT.**

## Mental Health Care Fact:

Did you know?

50% of all lifetime cases of mental illness begin by age 14 and 75% by age 24  
([www.nami.org](http://www.nami.org))

## Just for Fun!

My boss said “dress for the job you want, not for the job you have.” So, *I went in as Batman (or Wonder Woman!).*

My therapist set half a glass of water in front of me. He asked if I was an optimist or a pessimist. So, I drank the water and told him *I was a problem solver.*

If you, or someone you know, is in need of medication management, we also have a **Psychiatric Mental Health Nurse Practitioner, Catherine Nwora, MSN** on staff. Catherine is Board Certified from American Nurses Credentialing Center – Family Psychiatric/Mental Health Nurse Practitioner and Family Nurse Practitioner. She provides care for our **Michigan patients**.

For more information about Catherine, please visit: <https://heartandmindcounseling.com/about-catherine/>



## Fit and Flavorful – Whole Wheat Chocolate Chip Cookies

Recipe by Executive Chef Mark Beland



### Ingredients:

1/2 c. unsalted butter, softened  
1 c. whole wheat flour  
1-1/4 c. old-fashioned rolled oats  
1/2 c. brown sugar, packed  
1/2 tsp. baking powder  
2/3 c. dark chocolate chips, 60% cocoa  
1/2 c. sugar  
1/4 tsp. salt  
1 (1.5 oz) dark chocolate bar (60% cocoa or better), grated  
1/4 c. eggbeaters  
1/4 tsp. baking soda  
1/2 tsp. vanilla

Calories: 130 Protein: 1.5g Total Fat: 6g  
Cholesterol: 10mg Sodium: 52mg Fiber: 1.5g  
Mayo Clinic Exchange: 1 fat, 1 sweet

### Preparation:

Preheat oven to 375. Place oats in a food processor and process until it turns into a powder. In a medium bowl, whisk together the powdered oats, flour, salt, baking powder and baking soda. In a large bowl, cream together butter and both sugars for 3 minutes on medium speed. Beat in eggs and vanilla. Gradually beat in dry ingredients. Stir in grated chocolate, then add chocolate chips.

Roll or scoop dough into 2-inch sized balls and place 2 inches apart on ungreased cookie sheet. Bake for 12 minutes. Cool 2 minutes on baking sheet before transferring to a cooling rack.

Makes 25 cookies. The scooped dough freezes well and bakes up as delicious as fresh. Add 1-2 minutes to bake time for frozen dough.

Saturated Fat: 3.5g Unsaturated Fat: 2.5g Trans Fat: 0g  
Carbohydrates: 17g Yield: 24

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