

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.

Nurse Practitioner Spotlight

Meet Catherine Nwora, Psychiatric Mental Health Nurse Practitioner



I have a DEA/DEA-X Certification. I am licensed in the State of Michigan.

I earned my Post Masters of Science in Nursing, Psychiatric Mental Health Nurse Practitioner and Masters of Science in Nursing, Family Health Nurse Practitioner from University of Texas Health Science Center at Houston. My Bachelor of Science in Nursing is from Arkansas Tech University.

I strive to develop a supportive relationship with all patients, through a telehealth platform. I want patients to feel comfortable and be able to talk freely about their concerns. My goal is to effectively provide psychiatric care management including initial evaluations and medication review adhering to clinical guidelines. I also provide diagnosis for ADHD & the Autism Spectrum.

Meet Brandy Goins, PhD (ABD) MS, LPC, LSOTP, CTMHP (and her 3 furry Assistants!)



I have over 20 years' experience with both civilian and government positions in the fields of Trauma, PTSD, Chronic Disease, Anxiety, Depression, Gender Identity and Counseling/Educational programs for the community. My focus is to help facilitate growth, change, and resolution for individuals, families, & couples seeking help with behavioral or relationship challenges.

I received my Bachelor's in Psychology and Addiction Studies at Northwestern State University, my Master's in Science in Forensic Psychology at Walden University, and my Ph.D., ABD in Forensic Psychology at Walden University. I am a Licensed Professional Counselor in Florida, Idaho, Michigan, South Carolina, Texas and Vermont.



Lilith could only belong to a therapist because she is stuck in fight mode when it comes to fight or flight. When she is frightened, she only

knows to charge forth and try to scare her attacker to death - a strategy that actually works quite well. With that said, she is the only one that likes a good shower!



Penelope is a Manx cat (born tailless). She either has a super anxious attachment disorder or is madly in love with my partner. She follows my

husband around waiting for him to sit so she can crawl in his lap for affectionate attention. If he stops too fast, she literally runs into him. She does NOT like showers!



Here's **Stormy!** She is my talker! She gets her toy and meows very loudly through the house letting all of us know that playtime is about to commence! She also very lovingly nips at your feet

and legs if you are ignoring her. She will NOT be ignored! She just wants to be pet not held and doesn't mind letting me know!

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.

135 N Woodward Ave., Suite #200, Birmingham MI 48009. Call us at 707-815-0374

Email admin@heartandmindcounseling.com

WHAT IS PTSD AND HOW TO RECOGNIZE IT

- Patients with PTSD can have symptoms for a mean of 5 years before receiving an accurate diagnosis.
- Symptoms are:
 - Re-experiencing the trauma, flashbacks, nightmares, intrusive thoughts/memories
 - Avoidance of talking or thinking about the trauma, people, places, activities, memories of the trauma. Forgetting pertinent details of the trauma, feeling detached, emotionally numb, unable to express loving feelings towards others and/or sensing a shortened future.
 - Hyperarousal: Difficulty sleeping, racing thoughts, concentration problems, excessive startle reflex, irritability.
 - Hypervigilance: Continually locking doors, constantly scanning a room, sitting with your back to a wall, mentally planning an escape from a room.



PTSD is “sneaky”

- PTSD can be difficult to diagnose as clients will be seen by their primary care doctor for “strange” symptoms.
- Clients will describe physical symptoms that a Doctor can attach no reason for the occurrence.
- Also, PTSD will mask as depression and anxiety, substance use, functional impairment.
- Then the client has avoidance behaviors so they will not talk about the trauma, hence making it more difficult to diagnose.

What to Do (Adults and Children)

- Meet with a Counselor who has experience with Trauma
 - Two most researched modalities for PTSD are Trauma Focused Cognitive Behavior and Processing Therapy (TF-CBT and TF-CPT), and Eye Movement Desensitization and Reprocessing (EMDR).
 - TF-CBT is more common for children, and TF-CPT is more often used for adults
 - EMDR can be done with both children and adults
- What to do outside of counseling?
 - Engage in Activities that soothe your somatic symptoms:
 - Spend time in nature
 - Take baths
 - Get massages
 - Stretch
 - Give yourself time for stillness so you can physically decompress

STRESS RELIEF IS JUST A FEW TAPS AWAY.

Tapping uses a combination of acupressure and psychology to reduce stress and anxiety.

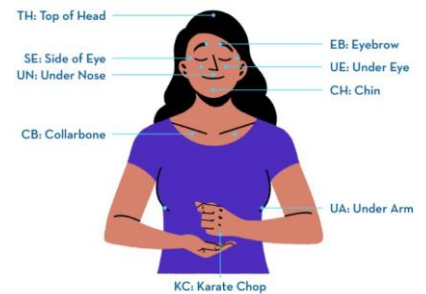


Photo Courtesy DeStress Monday .org

Mental Health Care Fact:

Did you know?

Anxiety disorders are among the most common mental illness in America
Number of U.S. adults with Anxiety Disorder – 42.5 Million

www.mhanational.org/mentalhealthfacts

Just for Fun!

Psychiatrist to his nurse: "Just say we're very busy. Don't keep saying 'It's a madhouse!'"

What happens to a frog's car when it breaks down? It gets toad away.

Q: What did the duck say when he bought lipstick? A: "Put it on my bill."

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