



## Noelle Derhay

Ages Twelve to sixty-five all insurances except Medicare.

Available by Appointment

Monday 12 pm -8 pm

Tuesday 8:30 am – 3 pm

Wednesday 8:30 am – 2 pm

Thursday 12 pm – 8 pm

Call 609 296 1101

Greetings, my name is Noelle Derhay and I am a Licensed Associate Counselor with a genuine belief that people can be the creators of their own success stories when provided the vital tools to cultivate hope and strength from within. As a recent graduate from Georgian Court Universities CACREP accredited Clinical Mental Health Counseling Master's Degree program, I prefer to utilize a holistic Wellness based approach in order to promote optimism and confidence-building through goal orientation from the very start.

In addition to Cognitive Behavioral Therapy (CBT) and the Acceptance and Commitment (ACT) model, I utilize Narrative Therapy to assist clients in uncovering potentially unhelpful narratives (the stories we create and replay in our minds and the roles that come with these plot lines) that interfere in progress. Our unified goal then becomes to develop empowerment through pathways of awareness and detachment from toxic attachments styles that are impeding upon improvement and attainment in life. I have found these intervention styles to be effectively versatile among a variety of age groups and presenting orienting problems (depression, anxiety, bipolar disorder, anger management, emotional regulation, grief, and more) to nurture an increase in joy and a decrease in stress. I keep in mind that this is your journey and we will modify treatments to suit your personal needs.

Counseling is about validation and skill development by collaborating a clients' expertise on their life with the appropriate therapeutic components to reveal their optimal best selves. My goal is to offer clients such revelations on our journey together by not only validating them, listening to them and honing in on skill development but most importantly to help them face the mirror on their toughest of days for an open and honest look while providing the guidance and support that fosters the growth and improvement they have been searching for. What if what you have been searching for has been buried deep within all along? It would be an honor for me to assist in bringing your best self to the surface and your therapeutic dreams to life.

