



ELEMENTAL COUNSELING & CONSULTING, LLC

CREATING PATHWAYS FOR CONNECTION

Welcome to Elemental Counseling & Consulting!

ECC & Therapist Introduction:

Elemental Counseling & Consulting (ECC) is an individual private practice centered in Northeast Ohio. ECC provides in person and telehealth mental health services to children, adolescents, adults, couples, and families. Natasha is a Licensed Independent Marriage and Family Therapist and Supervisor (IMFT-S) and Licensed Professional Counselor (LPC) and is the owner of the practice. She has over ten years of experience in the Mental Health field. Natasha attended the University of Akron and holds a Masters degree in Counseling and Marriage and Family Therapy. In addition to her specialty as a Marriage and Family Therapist and Counselor, she also has specialized training in Medical and Family Therapy, play therapy, and sand tray therapy. Lastly, she holds a certification as a Prepare and Enrich facilitator, Telehealth Provider and Dialectical Behavioral Therapy. Natasha has experience in treating anxiety disorders, mood-related disorders, ADHD, OCD, personality disorders, eating disorders, psychotic disorders, substance use/abuse disorders, LGBTQ related issues, cultural related issues, and trauma/stressor-related disorders.

Natasha is experienced in providing counseling services to individuals, couples, and families across different age groups and cultural backgrounds. She works to help her clients achieve personal self-growth through the acquisition and development of awareness, acceptance, coping skills, and behavior modification and/or adjustment. Moreover, Natasha works with her clients to meet their treatment goals as well as improve their quality of life, develop congruent communication, and enhance their ability to authentically express their thoughts and feelings with others.

Therapy Process & Phases:

You have taken a positive and brave step forward deciding to seek out therapy. Clients who speak honestly and openly throughout the therapy process find this propels them toward their goals and ultimate healing. Therefore, the outcome of your treatment depends largely on your willingness to engage in this process, which may, at times, result in discomfort. For example, sometimes you may recall unpleasant events and becoming aware of the attached feelings and thoughts can bring on feelings such as anger, depression, and anxiety. There are no miracle cures, and I cannot promise that your behavior or circumstance will change. It is my promise to always see you as a meaningful, valuable, worthwhile human being and offer you the guidance and tools necessary to help you reach your therapy goals and assist you in overall healing.

Phases of Therapy:

Session 1: Intake Phase- assessment and referral (if needed)

Sessions 2-4: Joining “Getting to Know” Phase- building trust and rapport

Sessions 5+: Working Phase- actively working towards identified treatment goals

Stages of Therapeutic Change:

Stage 1: Status quo and homeostasis (your normal baseline)

Stage 2: Introducing something new (such as therapy, a new tool or skill)

Stage 3: Chaos (disruption of your old normal)

Stage 4: Implementation and Practice (trying something new)

Stage 5: Integration (incorporating change(s) and new pattern of being)

Stage 6: New normal and status quo

Hours of Operation:

Monday – Friday

12:00 PM-9:00 PM

Accessibility:

Office has wheelchair accessible seating, restroom, and elevator.

Contact Information:

Elemental Counseling & Consulting, LLC

Address: 140 Wadsworth Road, Wadsworth, OH 44281

Phone: (234)281-2721

Email: nfinney@elementalcc.com

Please do not hesitate to reach out with any questions and/or concerns. I look forward to meeting you and helping you work towards your goals!

Sincerely,

Natasha Finney, IMFT-S, LPC