

## Associates

Last Updated Sunday, 28 February 2010

Kirsten E. Delmore, MSW, LISW

Welcome to the Delmore Counseling web site. My name is Kirsten Delmore. I am a Licensed Independent Social Worker who has been providing mental health services in the public and private sectors since 1998. After completing my Masters Degree in Social Work from The Ohio State University, I went on to work in a community mental health center which allowed me to work with individuals and families with diverse backgrounds and severe emotional issues. I have also worked in a variety of other settings that include emergency services, court advocacy, inpatient psychiatric hospital, nursing homes, and several private practice settings. All of these experiences helped me gain the foundation to pursue a private practice of my own.

I currently provide counseling services to individuals, couples, and families. My areas of expertise are working with young children, adolescents, and young adults. I specialize in the assessment and treatment of eating disorders, depression, anxiety, self-esteem, body image issues, obsessive compulsive behaviors, anxiety disorders, childhood developmental issues, ADD/ADHD, adoption and attachment issues, and parenting concerns. Drawing on a mixture of Cognitive-Behavioral, Psychodynamic, and Family Systems therapies, I am able to identify, explore, and resolve emotional and behavioral struggles that each client may be experiencing.

In the past years, I have also provided numerous educational workshops to schools, churches, community groups, and parents. I have also appeared on local radio and news programs regarding the topic of eating disorder awareness and treatment. I have facilitated many therapeutic groups for adolescent and young adults that have included topics such as improving self-esteem, body-image, and social skills. I have also facilitated groups for adolescent girls on a weekly basis that targets girls that have been placed in therapeutic wilderness programs and/or therapeutic boarding schools and need assistance transitioning back home. Please be sure to check our groups section on this website for the latest groups offered.

My professional affiliations include memberships in NASW-National Association of Social Workers, NAMI-National Alliance for the Mentally Ill, and CHADD-Children and Adults with Attention Deficit Disorder. I attend continuing education classes and conferences in my areas of interest and specialty in order to keep up with the most recent research and treatment modalities for those issues addressed in sessions with my clients.

Because of my extensive experience working with children, adolescents, adults, and their families, I know that a comprehensive treatment approach is imperative for the success and effectiveness of a clients treatment process. When indicated, and with consent, I work collaboratively with doctors, schools, teachers, and other allied professionals in an effort to evaluate and treat difficulties that may be occurring in multiple settings.

William R. Hargett, MA, LPCC

My name is William R. Hargett. I am a Licensed Professional Clinical Counselor. I have been in practice in the state of Ohio since 1988. Upon my graduation from the Reformed Theological Seminary, I received a Masters in Marriage and Family Therapy. I began my professional career working at a community mental health center as a Case Manager/Therapist. My primary responsibilities were to coordinate the care of children that were considered "at risk" for hospitalization or that were released from the hospital. While at the agency, I developed and co-facilitated an adolescent treatment group for teens needing intensive outpatient treatment and provided ongoing therapy for individual teens and their family. Early on in my career I worked as a family therapist at an inpatient adolescent psychiatric hospital, where I provided individual, family and group therapies.

I have worked in a private practice setting since 1992. While practicing I have also worked in the Emergency Services field as a crisis counselor, clinical supervisor and the Crisis Coordinator for Fairfield County Emergency Services. My work in Emergency Services has involved serving both as the past vice president and president of the Ohio Crisis Network. Currently, I am part owner of an established counseling practice in Lancaster Ohio and am working to develop a private practice in the Columbus, Ohio area.

My clinical experience includes working with families, children and adolescents is extensive. I have particular expertise

in the following areas: behavioral and developmental disorders, anger/temper outbursts, ADD/ADHD, social skills, anxiety and depressive disorders. Along with counseling children, I provide treatment for parents to address effective coping/parenting strategies. A portion of my caseload involves working with adult clients that experience a variety of difficulties including but not limited to affective disorders, unresolved grief, relational and marital problems, and stress due to family or work related issues.

In addition to my clinical experience I have conducted multiple trainings, marriage retreats, spiritual growth groups, and have served as an adjunct professor at Ohio Christian University where I taught Introduction to Psychology and other Counseling courses. I have also worked with others in both Mentoring and Coaching capacities.

I am particularly interested in the field of personal growth and achievement. That is, helping people develop their full potential in selected areas of their life. Traditionally, therapies have focused on assisting people in solving identified problems. However, the field of counseling psychology is being utilized to assist people in self-improvement with the use of "Coaching" or "Mentoring" designed relationships. I look forward to working with you in your efforts achieve your full potential and personal growth.

Megan L. Mottet, MS, PCC

My name is Megan Mottet. I am a Professional Clinical Counselor, who has worked in both the community mental health and private settings. Upon graduating with a CACREP accredited Masters at Wright State University, I began working at a community mental health setting in Lima, Ohio as a Crisis intervention specialist and an intake coordinator. I then moved to Columbus to work at another community center and trained to become a dialectical behavioral therapist as well as an EMDR therapist. During the last two years, I have gained invaluable experience in both fields. This training has allowed me to learn to be highly effective with individuals struggling with Borderline Personality Disorder and past trauma.

I also have experience working with individuals struggling with spiritual conflict, general and social anxiety, depression, bipolar I and II, life crisis, anger management, couples conflict, and pre-marital counseling. I facilitate DBT groups for adults and adolescents helping them to reduce life-threatening behaviors and increase healthy and helpful decision-making skills which they can carry with them for a lifetime. Please review the group section of our website to review the latest information on the DBT group I currently facilitate.

In addition to my training as a therapist, I have had the privilege to be a part of conducting spiritual growth seminars for teens and young adults for the past ten years. I have also been a youth minister at my original home parish. This has given me extensive experience in non-judgmentally connecting with teens and young adults as they face moral dilemmas in the modern world. As a result, I have helped to shape hundreds of upstanding young adults who now reach out to their own communities in exciting ways. As the years pass, I have the blessing to see them return to the seminars and report on what they are doing to make our world a better place for everyone.

My philosophy is to work with you, using your strengths, to break down barriers you see in your life. I do this by using DBT and CBT methods of therapy. I also encourage and challenge clients, who have a faith or spirituality, to build and use it during the time you are working with me. This, however, is not required or stressed for individuals who do not wish to have this as a part of their counseling experience.

Dr. Janice L. Craig MD

My name is Janice Craig. I am a board certified psychiatrist who has specialized in working with children, adolescents, and young adults. I received my bachelor's degree at Miami University of Ohio. I then received my medical

degree from Wright State University. Initially, my career choice was to become a pediatric oncologist. After completing medical school, I spent a year at the University of Chicago Hospitals and Clinics in a general medical rotation. While there I discovered that I enjoyed talking to people much more than performing painful medical procedures. I subsequently changed my career goal to psychiatry and entered a two year residency at Illinois State Psychiatric Institute. Following those two years I remained in Chicago and completed a fellowship in child and adolescent psychiatry at the Institute for Juvenile Research. My residency and fellowship were inner city placements which provided both a diverse clinical population and extensive training experiences. I then spent an additional year in Chicago working as a consultant on a team of mental health professionals who determined treatment needs for youth with severe emotional and behavioral problems. In 1987 my husband and I moved to Ohio and developed a private practice in Lancaster. In 1997 I returned to community based mental health care working primarily with abused foster and adopted children with complex problems.

I have always enjoyed my career immensely. I have especially enjoyed working with children and teenagers. I would describe myself as a "people person." It has always been my philosophy and practice to include parents extensively in the treatment process. I strive to approach each patient's situation comprehensively, incorporating teachers, schools, and other agencies, when indicated. Over the years I have developed a deeper appreciation that my training emphasized both an intensive knowledge base and skilled therapeutic techniques. As a trained physician, I utilize a multi-faceted approach including a medical model and my clinical understanding of normal and abnormal behavior and family systems. There are many enjoyable aspects of my work; however, it is the "people part" that I still enjoy the most.