

Welcome to Delmore Counseling

Delmore Counseling's philosophy is to provide therapeutic and psychiatric services of sufficient depth to empower clients (children, adolescents, adults and their families) to achieve their optimal emotional and physical health.

If there is room for improvement in your overall effectiveness and resilience in life, therapeutic and/or psychiatric assessment may help you work towards meeting potential goals. We invite you to explore other sections of this website as you gather information in efforts to consider the important decision of selecting a therapist to work with you or your family member. Please contact us at 614-888-8400 if you have further questions or need guidance on how to begin the counseling process.

Current Groups:

Dialectical Behavioral Therapy: Finding a Balance (Wednesday's 4-5:30pm)

DBT is designed to help individuals who struggle with coping in a healthy manner. Through individual sessions and skills training sessions, clients learn a healthier lifestyle through setting boundaries and making wiser decisions. Please contact Megan Mottet, PPC at Delmore Counseling (614-888-8400) for information regarding the fee for this service, group objectives, and enrollment. [Learn More >>>](#)