

**Focusing on
Your
Comfort & Recovery**

**Trauma
Anxiety
Depression
Substance Use
Impulse Disorders**

We're Available!

Bridgeway Behavioral Health counselors are available for **secure talk therapy sessions** during a range of convenient days and times.

Please call or email to schedule an appointment today!

All ages welcome.

All insurance is welcome.

www.bridgewaybhs.org

"It is never too late to be what you might have been."
- George Eliot

People are more resilient than they give themselves credit for and life brings challenges and hurts that make people forget that sometimes. I try to help people find that hope and courage that is within them.



Dai Phan

As a social worker with 16+ years' experience, I have worked with children, adolescents, and adults; within the context of individual, group, couples and family counseling. I have worked with individuals whom experienced depression, anxiety, grief, trauma, loss, familial conflict, and substance use issues. I use a holistic, integrative approach and apply evidence-based interventions that best fit the person's needs. Therapies that I use include cognitive behavioral, dialectical behavioral, eye movement desensitization and reprocessing, play, mindfulness, solution-focused, schema, Gottman method and positive psychology.

It is an honor and privilege to be able to assist people and to bear witness to their journey from pain to healing.

Dai Phan, LCSW
Director of Outpatient Counseling Services



**Outpatient
Counseling
Services**

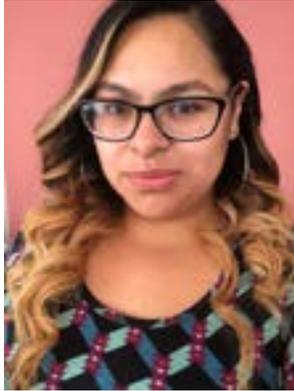
**Virtual
and
In-person
Options**

**908-310-5169
or
973-383-8670**

**Email:
outpatientcounseling@
bridgewaybhs.org**

#1 We Want To Help You Get Through This! Please call today

During times of distress and uncertainty, it can be overwhelming to figure things out alone. I am passionate about helping people take back control and build skills and resilience.



Jeannette Palacios

I have been working with children, adults, Spanish speaking and LGBTQ+ community in mental health and substance for over 15 years. My areas of expertise include, but are not limited to, assisting persons coping with co-occurring disorders, substance use, gambling, depression, stress, anxiety, adjustment, identity issues, anger management, loss and trauma.

I create a nonjudgmental and safe space to work side by side with you, through the steps of your journey. I am fluent in Spanish, a Licensed Professional Counselor, and Licensed Clinical Drug and Alcohol Counselor.

By working as a team, we can address the complexity of issues that you may be experiencing. It's a journey not a race.

Si necesita ayuda, estamos aquí a su orden.

Jeannette Palacios, MA, LPC, LCADC, NCC, ACS, DRCC

Whether you are struggling through a challenging life event, managing symptoms of a mental health issue, or need a sounding board and different point of view, psychotherapeutic counseling is a vital tool.



Patti Packard

I am a seasoned therapist with over 20 years of varied training and experience. I incorporate Cognitive Behavioral Therapy, Dialectical Behavior Therapy and Internal Family Systems techniques. I find it most helpful to use this eclectic approach to match particular interventions and styles with your unique needs.

From adolescents through older adults, couples and groups, I specialize in working with victims and survivors of childhood abuse, sexual assault and domestic violence.

Together, we will build a working relationship and figure out what direction is best for you. I am down-to-earth and participate actively in sessions. I will share my thoughts and insights in an honest and respectful way.

Patti Packard, MSW, LCSW

"The good life is a process, not a state of being. It is a direction not a destination."
- Carl R. Rogers



Daniel Radom

Many people believe or have experienced therapy as a process of sessions in which a person unloads problems and finds comfort and guidance in the relational process. While I value the practice of sharing and listening, I believe the therapeutic process should be a deep, challenging and meaningful process; a working alliance enhancing a person's sense of self, realization of their goals and advancement of skills to integrate and use outside of sessions.

I aim to create a safe and relaxing environment in which this work can happen. I view people holistically and integrate their cultural and spiritual values into recovery. I teach grounding and mindfulness techniques and incorporate my training in Cognitive Behavioral Therapy (CBT), Eye Movement Desensitization and Reprocessing (EMDR), Dialectical Behavioral Therapy (DBT) to tailor sessions.

If you are ready to learn, grow and change, let's get to work.

Daniel Radom MS, MSW, LSW