Synergos Counseling, LLC

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         Madison, WI 53703
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Supervisor/Contact Person: Nicole Bell
Direct Phone #:
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CLIENT POPULATION SERVED:

WHAT DAYS/HOURS ARE AVAILABLE FOR STUDENT INTERNS TO WORK?
PLEASE INCLUDE WEEKEND AND EVENING AVAILABILITY:

IS THERE A CREDENTIALED, ON-SITE SUPERVISOR AVAILABLE TO SUPERVISE SUBSTANCE
ABUSE COUNSELOR-IN TRAINING (SAC-IT) STUDENTS?   YES ☐   NO ☐

REQUIREMENTS FOR STUDENT INTERNSHIP PLACEMENT:
Pre-placement Interview and Acceptance

INTERNSHIP JOB DESCRIPTION/EXPECTATIONS:

WEBSITE ADDRESS:

Revised: 3/4/19
Mission Statement

Synergos is an extension of the Greek word for "synergy" meaning working together.

At Synergos Counseling we pride ourselves on assessing a challenge holistically. It is our belief that assessing various aspects of your life (e.g., work, financial, social, faith) will provide us a deeper understanding of the presenting concerns. This leads us through a more effective and efficient path to treatment success.

It is our honor and privilege to provide the necessary support and guidance to clients as they progress along their path toward self-discovery. We thank you for allowing us to be a part of this journey.

Specialties

- Individual Therapy
- Family Therapy
- Art Therapy
- Group Therapy
- Children and Adolescent Counseling Services
- Anxiety-related disorders (i.e., Generalized Anxiety disorder, Hair Pulling disorder, Obsessive–Compulsive disorder, etc.)
- Feeding and Eating Disorders (i.e., Anorexia, Bulimia, Orthorexia, etc.)
- Gold standard, evidenced based treatments such as Cognitive Behavior Therapy (CBT), Exposure Response Prevention (ERP) Therapy, and Habit Reversal Training (HRT) Interventions

Additional Services

We offer mental health services for children, adolescents, and adults of every age. In-home services may be available on a case-by-case basis in addition to exposure therapy in the community allowing real time support to challenge anxiety. We also offer teletherapy on a case-by-case basis.

- Depression
- ADD/ADHD
- Parenting support
- Child and adolescent emotional/disruptive concerns
- Work-related stress
- And many more... if you don't see a service here, please contact us (/contact-us.html) for additional information.
My name is Nicole Bell and I am the owner of Synergos Counseling as well as a Licensed Professional Counselor. I received my Master’s degree in Clinical Psychology at The Chicago School of Professional Psychology in Chicago, Illinois and Bachelor’s degree at UW-Madison. I believe in building a trusting relationship with clients by spending some extra time talking with clients about how they define themselves while also allowing enough time for questions. I work collaboratively with clients to sharpen their awareness of unhelpful living patterns while practicing self-empowering skills to support them in feeling stronger and more confident about their direction.

My professional experiences have allowed me to develop specialty training in anxiety-related disorders including Obsessive-Compulsive disorder using a combination of evidenced-based practices such as Cognitive Behavior Therapy (CBT) and Exposure Response Prevention (ERP) (counseling-services.html). I have had the opportunity to work for some great organizations such as Menier Hospital, UW-Madison Research Center, Institute for Juvenile Research in Chicago, Advocate Illinois Masonic Medical Center in Chicago, Rogers Memorial Hospital, and others. I am also a proud member of the International OCD Foundation (IOCDF). You can also see my profile on Psychology Today (https://therapists.psychologytoday.com/28065).

To schedule an appointment, email ContactUs@synergoscounseling.com (contact-us.html).

My name is Haley Korbecki and I am a Licensed Professional Counselor at Synergos Counseling. I received my Master’s degree in Clinical Mental Health Counseling from Marquette University in Milwaukee, Wisconsin and her Bachelor’s degree at UW-Milwaukee. I am passionate about helping individuals live free from their anxieties and lead healthy, happy lives. I believe my enthusiasm, creativity, and empathy combined with my expertise in treating anxiety-related disorders will empower clients to practice the skills essential to conquering anxiety.

I have a breadth of experience using Cognitive Behavioral Therapy (counseling-services.html) to treat...
children, adolescents, and adults with anxiety-related disorders including but not limited to Obsessive-Compulsive disorder. I have also worked with children who have been diagnosed with Autism and related disorders while also providing behavior management as well as parent training for children with disruptive concerns. Additionally, I have had the pleasure to work for some great organizations such as but not limited to the Anxiety and OCD Treatment Center in Charlotte, North Carolina, the Center for Anxiety and OCD in Deerfield, Illinois. The Wisconsin Early Autism Project, and Rogers Memorial Hospital in Oconomowoc, Wisconsin. I am also an active member of the International OCD Foundation (IOCDF) and the Anxiety Disorders Association of America (ADAA). You can also see my profile on Psychology Today (https://therapists.psychologytoday.com/205557).

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My name is Dena Willmann and I am a licensed professional counselor at Synergos Counseling. I received my Master’s degree in Community Counseling from the University of Wisconsin-Whitewater and my Bachelor’s degree from the University of Wisconsin–Milwaukee. I am passionate about providing quality mental health care and believe this starts with building a trusting therapeutic relationship. I believe in compassion, loyalty, and drive combined with my various expertise to motivate my clients to stay the course in making healthy changes toward overall wellness.

I have worked for over 15 years in mental health care with a variety of populations in varying capacities. This has afforded me opportunities to specialize in treating children and adolescents with eating disorders, and college-aged students as well as those across the lifespan. I have training and experience using Cognitive Behavior Therapy, Dialectical Behavior Therapy, Mindfulness, and Solution-Focused Therapy. I have worked for some great organizations such as Rogers Memorial Hospital in Oconomowoc, Wisconsin, Witherer Counseling in UW-Whitewater, Wisconsin, and Columbia Hospital in Milwaukee, Wisconsin. I am also a proud member of the National Board for Certified Counselors. You can also see my profile on Psychology Today (https://www.psychologytoday.com/profile/368462).

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My name is Rachel Greenia and I am an Advanced Practice Social Worker at Synergos Counseling. I received my Master’s in Social Work from UW–Madison and Bachelors from Edgewood College. I enjoy working with clients to discover short and long term goals while overcoming adversity. I am passionate about supporting individuals in meeting their goals while overcoming barriers that may have been preventing them from living the life they imagine for themselves.

I have experience working with people who identify a wide range of limitations from personality and mood disorders to anxiety and Obsessive–Compulsive disorder (OCD). Much of my training has focused on providing Cognitive-Behavior Therapy (CBT) and exposure based therapy such as Exposure Response Prevention (ERP) to adolescents and adults across the lifespan. Additionally, I have experience with incorporating Dialectical Behavior Therapy (DBT) techniques into my treatment approaches to support and empower clients when coping with a range of emotions that can often feel overwhelming. Much of my work experience and training was achieved while working in various residential treatment settings at Rogers Memorial Hospital as a behavior specialist and therapist. You can also view my profile on Psychology Today (https://www.psychologytoday.com/profile/397419).

To schedule an appointment, email ContactUs@synergoscounseling.com (mailliouise@synergoscounseling.com)

My name is Donna Stewart-Martin and I am a Licensed Professional Counselor at Synergos Counseling. I received my Masters degree in Art Therapy and Counseling from Southwestern College in Santa Fe, New Mexico and my Bachelors of Fine Arts degree from the University of North Texas. I enjoy working with others to support their journey in discovering their full pathways in life. I am passionate about helping people define their needs, identify solutions to problems, and assert themselves through fostering trusting relationships and supporting their personal empowerment to reach their goals.

I have worked for over 19 years as a therapist with children, adolescents, families and adults in many different levels of care using art therapy, play therapy, experiential therapy, mindfulness, skills training and verbal therapy modalities. I have training and experience utilizing Art Therapy, Cognitive Behavioral Therapy, Dialectical Behavior Therapy, and Mindfulness. I have worked with children, adolescents, adults and families who struggle with anxiety, depression, eating and feeding disorders, mood dysregulation, developmental and cognitive disabilities, trauma and abuse, and navigating separation as well as divorce. My work experience includes some leading providers in healthcare including but not limited to Rogers Behavioral Health (formerly Rogers Memorial Hospital) in Oconomowoc and Madison, Wisconsin. I have also worked for Child Mind Center for Children and families in Coral Gables, Florida and Tarrant Mental Health in Dallas, Texas. You can also view my profile on Psychology Today (https://www.psychologytoday.com/us/therapists/donna-stewart-martin-madison-wi/455918?sid=532576077.631_29606research=donna+stewart+martin&iframe=donna+stewart+martin). To schedule an appointment, email ContactUs@synergoscounseling.com (mailto:ContactUs@synergoscounseling.com).

My name is Daniel Carroll and I am a Clinical Support Specialist at Synergos Counseling. I support Synergos clinicians by providing psychoeducational and exposure groups for clients receiving Cognitive Behavioral Therapy (CBT) and Exposure Response Prevention (ERP) as well as building exposure hierarchies. I also provide admission and intake coordination as well as daily operational support/management. I received my Bachelor's degree from the University of Wisconsin-La Crosse in Psychology. When working with clients, I strive to cultivate a relaxed environment where information can be shared safely and effectively in support of positive change and ongoing growth.

I have worked for over 6 years with children, adolescents, and adults providing cognitive and behavioral support alongside clinicians using evidence-based treatment interventions for those struggling with anxiety and other related disorders such as Obsessive-Compulsive Disorder (OCD). I received extensive training with some of the leading researchers and clinicians at Rogers Memorial Hospital while working as a Behavior Specialist in the Adult OCD Partial Hospitalization Program (PHP) as well as the Child and Adolescent OCD Intensive Outpatient Program (IOP) in Oconomowoc, Wisconsin. I developed a proficiency understanding of the Cognitive Behavioral Therapy Model of anxiety and how to treat these debilitating disorders using Exposure and Response Prevention (ERP).

Additionally, I assisted on research projects in further assessing variables contributing to anxiety and other mental health disorders.

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https://www.synergoscounseling.com/synergos-counselors.html

2/4/2019