

# A Listening Ear



Counseling as a profession has been around for more than a century, now, and there is no better time to celebrate its evolution than this season of rebirth, spring.

While the origins of counseling are rooted in vocational guidance and career development, the focus of technique development has been listening skills, guidance for self-awareness and expression, and helping clients develop effective skills to function optimally in their environment. These aspects are the foundation of counseling whether they are applied within career development, school settings, or mental health programs.

The intent of mental health counseling is not to tell others how to live, but to help individuals, couples, and families discover what they can do to achieve the life they most desire. Today there are many different orienta-

tions within the profession, as well as individual, family, and group modalities available to best meet the needs of an individual's relating and coping styles.

At Daemion Counseling Center, we use evidence-based practices to work with clients presenting with an array of concerns. We help clients identify their greatest issue(s) of concern, and strategize effective and achievable goals to change their thinking and behavior. Therapists help clients draw on the strengths they bring with them into therapy. We offer hope that tomorrow will be better, and the wounds of yesterday can heal. We offer peace to accept the scars that past hurts may leave behind. And we offer that attentive, listening ear that, in a society so tuned in to cyberconnections, is often difficult to find.

## Staff Spotlight



### *Fran Cuneo, LPC*

Fran works with clients, and also generously offers supervision of another LPC and a Master's level intern. She brings a wealth of experience, especially in the area of Grief and Loss or Bereavement Counseling, and Career Counseling. Fran volunteers her time, allowing Daemion to use its donated

funds in other areas of need. We are extremely grateful to Fran for her guidance and counsel.

Fran holds a Master of Science, Pastoral Care and Counseling degree from Neumann College.

- Services:**  
**Individual Counseling**  
 Women  
 Adolescents  
 Men  
**Couples Counseling**  
**Groups**  
**Drug & Alcohol**  
**Evaluations**  
**Anger Management**  
**Evaluations**  
**10- week Program**

- Depression**  
**Anxiety**  
**Relationship Issues**  
 Effective Communication  
 Separation/ Divorce  
 Peer Relationships  
**Parenting Concerns**  
**Academic**  
 Underachievement  
**Grief and Loss**  
**Identity Development**  
**Self Esteem**  
**Adjustment**  
**Trauma**  
**Coping Skills**  
**Family Conflict**  
**Career Counseling**

## Fast Fact:

*Still a place to be heard after over 40 years!* Daemion Counseling Center is a grass-roots, community-based mental health counseling center operating continuously since 1970 to serve individuals (ages 12 and older), couples, and families in the Philadelphia metropolitan area. We offer evidence-based practices for clinical mental health counseling, Drug and Alcohol Evaluations, and an individualized Anger Management program. Our professional staff works closely with each individual to develop and achieve client-initiated goals.

**Between 70 and 80 percent of individuals have significant reduction of symptoms and improved quality of life with a combination of pharmacological and psychological treatments and supports. The recovery rate for bi-polar disorder is 80%; panic disorder 70-80%; major depression 65-80%; schizophrenia 60%; addiction 70%.**

*The Ohio Council of Behavior Health and Family Services Providers*

## Families Matter, Too

Families can play an integral role in the recovery or treatment of an individual with a mental illness. Parents, children, and siblings are called upon to be “supportive,” or “understanding” to a family member. Sometimes meeting these expectations can be exhausting, as well as confusing.

*How can I attend the needs of my other children when so much of my energy is required to help Suzie cope?*

*I need a partner in life, not another responsibility. If I have to always be there for my husband, who is there for me?*

*Nobody understands how hard it is, and why I'm always so tired. Tired of the struggles, tired of the frustrations, tired of everything going wrong.*

We recognize that families with a member who has a mental illness often find

themselves stretched to a breaking point, and sometimes past it. Sometimes siblings develop odd ideas about themselves, or unique ways of coping with stress because they are ever-mindful of how their choices impact their brother/sister, and they don't want to upset the apple cart. Sometimes people wonder who really has “the problem,” and “is there something wrong with me?”



**Families Matter, Too** is a support-style group that provides understanding and guidance to families coping with a mentally ill loved one. It's an opportunity to meet comfortably with clinical staff as well as other families to discuss the complexities of caring for an individual with a mental health condition.

## Daemion Counseling Center

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***We accept the following insurance: Amerihealth, Health Partners Essential, Highmark Blue Shield, Independence Blue Cross (FEP), Keystone Health Plan East, Keystone Health Plan East Children's Health Insurance Plan (CHIP), KIDZPartners (CHIP members), Personal Choice.***