

Health & Beauty Profile

By Kelly de la Rocha, photo by Dan Epstein

Therapy Group's SIMPLE GOAL: Helping Clients Enjoy Life

Do you ever wonder why your life can't be as easy and wonderful as your neighbor's appears to be? The truth is, no one escapes life's challenges, no matter how "perfect" things appear from the outside. Everyone faces difficulties—it's how they handle them that can determine the quality of their lives.

And that's where Roseland Psychotherapy Associates can make all the difference.

Founded by Beth Levy-Merlin, MSW, LCSW, and Michael Overland, PhD, Roseland Psychotherapy Associates offers counseling to help children, adolescents, and adults discover productive ways to approach a range of emotional difficulties.

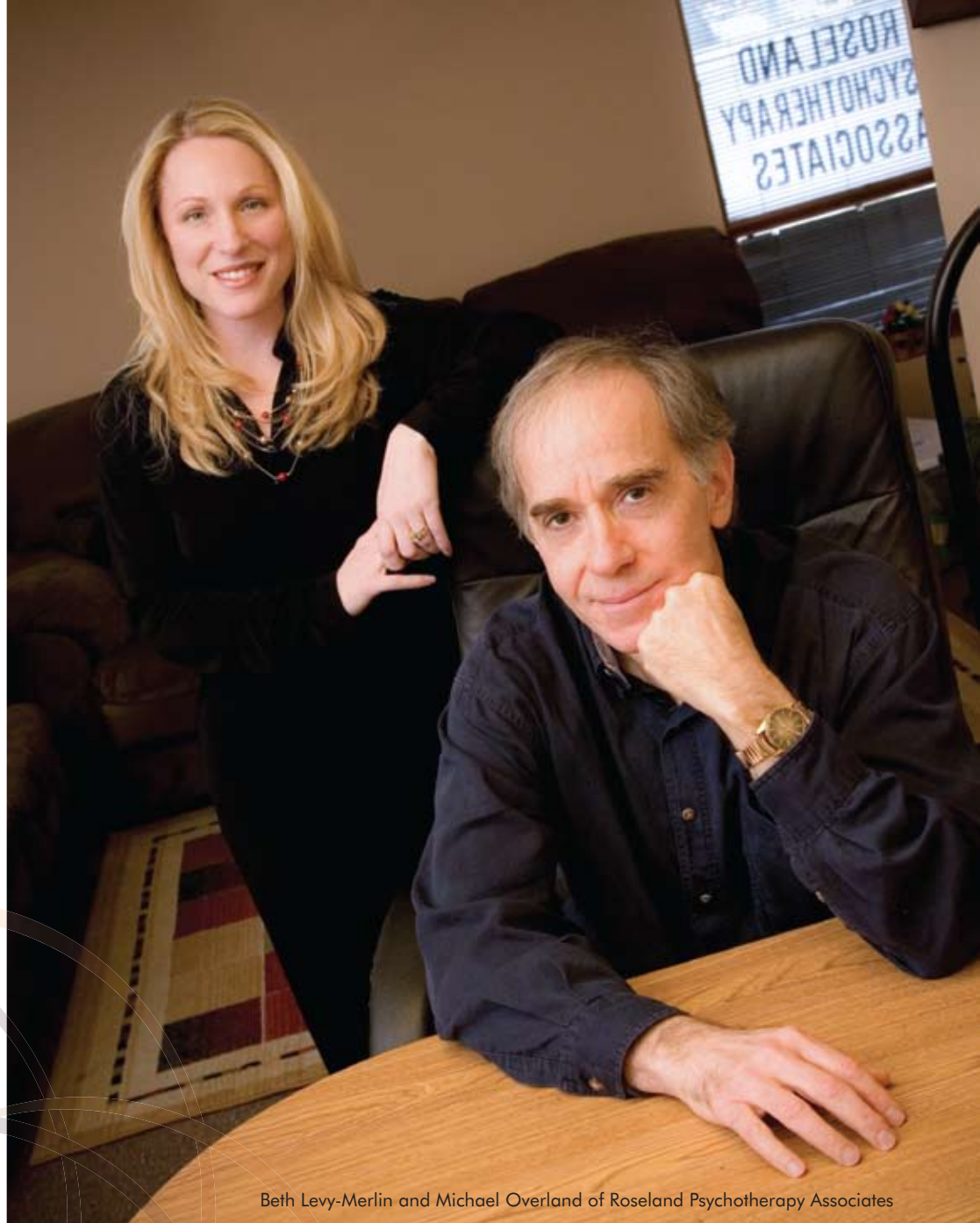
Talking with a counselor shows that you have the courage to deal with issues others might be tempted to sweep under the rug. And, suggests Levy-Merlin, it isn't just for those in the throes of a crisis.

"Anyone can be helped by therapy," Levy-Merlin says. "Life keeps happening. Nothing ever stays the same, so there's always something you can work on. It doesn't hurt to just talk to someone. In fact, it'll make you feel better."

The five diversely trained counselors at Roseland Psychotherapy Associates help clients cope with an array of issues, including depression, anxiety, grief, loss, anger, chronic pain, and illness. The group also specializes in workplace issues, relationship dilemmas, personality changes, women's issues, parenting, life transitions, gay and transgender situations, among other challenges.

In addition to counselors, the staff includes a nutritionist and a psychiatrist who can prescribe medications as needed. "We're working toward being a wellness center that encompasses many areas," says Levy-Merlin. "There are many different routes to go when treating patients. We try to help people find whatever works best for them."

Counseling at Roseland Psychotherapy Associates is available for individuals, couples,



Beth Levy-Merlin and Michael Overland of Roseland Psychotherapy Associates

and families. Group sessions—with people dealing with a similar issue—are also offered. "That's a great way for people to learn that they're not the only ones thinking what they're thinking

The group is also committed to helping our armed forces. Through the "Give an Hour" program, they offer pro bono counseling to servicemen and women who have fought in Iraq or Afghanistan, as well as their families.

No matter what the needs are, the goal at Roseland Psychotherapy Associates is always the same—to improve each patient's quality of life. "When someone says they feel

better, they're calmer, and they're enjoying life again," says Levy-Merlin. "We know we've reached our goal." ▲

Roseland Psychotherapy Associates

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*"When someone says they feel better,
... we know we've reached our goal."*

— Beth Levy-Merlin

or feeling what they're feeling," explains Levy-Merlin.

There's no need to commit to years of counseling, either, Levy-Merlin stresses. Some people come for years, while others feel better after only three or four sessions. "Different people have different needs," she says.