

COUNSELING & PSYCHOTHERAPY SERVICES

Marriage
Separation
Divorce
Parent/Child

Anxiety
Depression
Acute Stress
Sexual Relations
Grief
Serious Illness
Emotionally Abused
Unhealed Wounds

Spiritual Growth
Spiritual Direction

Despair
Helplessness
Bondage
Guilt/Shame
Aloneness
Greed
Revenge
Aimlessness
Meaninglessness

WORKSHOPS & SEMINARS

"Spiritual Energies"
"Belief-Focused Living and Healing"

CONTACT INFORMATION

Roy B Nash, MDiv, LMFT, LCPC
Belief-Focused Care & Healing

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Information on Roy Nash

LICENSED THERAPIST AND COUNSELOR:

- ☑ Illinois License for Marriage and Family Therapy --- 1994: #166-000255;
- ☑ Illinois License for Clinical Professional Counselor -- 1996: #180-001835;

PROFESSIONAL COUNSELING AND THERAPY CERTIFICATIONS:

- ☑ Am. Assoc. for Marriage & Family Therapy – Board Certified: Clinical Member: 1976
- ☑ Am. Assoc. of Pastoral Counselors – Board Certified: Clinical Member: 1976; Fellow: 1995
- ☑ Am. Assoc. of Integrative Medicine – Board Certified: Diplomate and Fellow: 2000
- ☑ International Academy of Behavioral Medicine, Counseling & Psychotherapy— Board Certified: Diplomate and Fellow: 20004
- ☑ Am. Psychotherapy Assoc: Board Certified Diplomate: 2006

INSTITUTIONAL CHAPLAINCY CERTIFICATION:

- ☑ Association of Professional Chaplains – Board Certified: Chaplain: 1976

ECCLESIASTICAL RELATIONSHIP:

- ☑ Ordained Elder and "Accepted" into the Louisiana Annual Conference of The United Methodist Church — "Full Membership": 1966

GRADUATE DEGREE:

- ☑ Masters of Divinity: The Methodist Theological School In Ohio: 1965

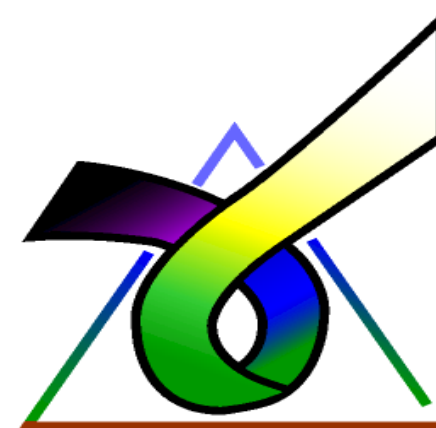


"Our lives are not determined by what happens to us, but how we react to what happens; not by what life brings to us, but by the attitude we bring to life. A positive attitude causes a chain reaction of positive thoughts, events, and outcomes. It is a catalyst...a spark that creates extraordinary results."

An Unknown Author

BELIEF-FOCUSED CARE AND HEALING

A PASTORAL COUNSELING AND PSYCHOTHERAPY SERVICE



www.roynash.com

ROY B NASH,
MDiv, LMFT, LCPC

A LICENSED & CERTIFIED

PASTORAL PSYCHOTHERAPIST
MARRIAGE & FAMILY THERAPIST

WHY A PASTORAL COUNSELOR?

Pastoral Counselors are dedicated to the healing of the mind, spirit, and human relationship through the integration of spiritual values and behavioral sciences.

Pastoral Counselors are filling the needs of a growing percentage of our population, reflected in a recent national survey which showed that 90% perceive themselves religiously oriented. Linking this fact with the mounting national incidence of mental and emotional illnesses — affecting more than 1 out of 4 adults in any given 12 months — demonstrates the growing awareness of the need for pastoral counseling or pastoral psychotherapy.

Moreover, the decline in moral and family values, general disintegration of family life, increasing number of single parents and blended families, increasing alcohol and drug abuse, distressing numbers of school dropouts and runaways, and an increasing prevalence of denial and activity for immediate gratification, with a concomitant mental and emotional turmoil in our society, highlights the increasing need for the greater inclusion of spiritual values in mental health therapy.

Even some of the more expected life experiences, such as the impact from loss of a loved one, parent-teen conflict, job changes, are just a few of life's transitions and crises that can be depleting. An experienced Pastoral Psychotherapist can make the difference between coping and acquiring relational and spiritual growth.

Regardless of the particular orientation one's belief system may have, there is a spiritual dimension to everyone's life, and that dimension is intrinsically associated with one's mental, emotional and relational health.



*We always 'live our lives'
on the meaning of things —
not the things themselves.*

WHAT IS PASTORAL COUNSELING?

Pastoral counseling is a form of therapy in which a pastoral counselor, as a representative of a religious tradition, uses the insights and principles of theology and modern behavioral sciences in working with individuals, couples, families, and institutions toward the achievement of wholeness and health. An important ingredient in pastoral counseling different from other forms of therapy is the conviction that mental and emotional illness are best met by *both* the wisdom of religious teachings and the knowledge and skill of the human behavioral sciences.

WHY A MARRIAGE & FAMILY THERAPIST?

Marriage & Family Therapists treat from a relationship perspective that incorporates family systems. Research has shown that family-based interventions are as effective — and in many cases more effective — than alternative interventions, often at a lower price. Research on couples therapy for depression indicates that couple therapy is the treatment of choice for couples in which there is both depression and couple distress.

Family-based interventions are also effective for persons with medical problems. Treatment outcomes show improvement in the identified patient, as well as in other family members. Family therapy is particularly effective with families who are providing care to elders or to a child with a chronic illness. There is also evidence that family involvement facilitates disease prevention.



"All feelings and behaviors have an ancestor, known as a thought..."

"Our futures are formed by the thoughts we hold most often. We literally become what we think about, and we are all given the gift of being able to write our own story."

Wayne Dyer

SIGNIFICANT SURVEY RESULTS

- 69% of Americans, an overwhelming number, recognize the close link between spiritual faith, religious values, and mental health, and would prefer to seek assistance from a mental health professional who recognizes and can integrate spiritual values into the course of treatment.
- 98% rated MFT's services good / excellent.
- 97% got the kind of help they desired from MFTs.
- 97% would recommend their MFT therapist to a friend.
- 94% would return to the same MFT therapist in the future.
- 93% said they were helped in dealing more effectively with problems by a MFT.

The fees for therapy with Chaplain Roy

COST OF THERAPY AND INSURANCE

Nash are modeled almost parallel with the established fees of Blue Cross Blue Shield of Illinois. Many insurance companies accept the credentials of Chaplain Nash as a payable provider. To learn more, visit:

- Belief-Focused Living & Healing

www.roynash.com

- Screening & Testing Assessments
- New Client Information
- Contacts
- Resource Links
- Seminars, Presentations & Workshops
- Counseling & Therapy Services
- Information on Roy Nash
- Advance Directive for Health Care
- Pre-marriage Preparation

Being both a Pastoral Psychotherapist

CONFIDENTIALITY

and Marriage & Family Therapist with two Illinois State licenses, the multiple Codes of Ethics and state laws obligate my highest adherence to privileged communication and confidentiality.