



Be in the Know...Be Well!

March 2021 - Vol. 3 Issue 1

This month we celebrate our 3rd anniversary

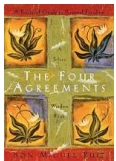
As a **thank you**, and celebration of Be Well Psychotherapy's birthday, I wanted to gift our clients a token of **appreciation**. I stumbled upon a "worry stone". Together, with my mom, I created Be Well's very own "**wellness stones**". A "worry stone" was created to hold comfortably in your hand between your finger and thumb. The texture and shape bring about a sense of wellness. A "wellness stone" is a tool that can be used to replace worries with wellness.

Be Well Psychotherapy also made a **donation to Family Promise of Essex County** (fpessexnj.org), in **honor of each of you**, each beautiful individual that made this celebration possible.

In addition to each individual that bravely walks through our doors, **Be Well celebrates its employees**. Our talented clinicians also made this celebration possible. **As a thank you to each clinician on our team, Be Well gifted them a wellness gift card.**

Be Well Psychotherapy is an IN-network BCBS provider, IN-network Medicare provider, and manages insurance claims for all OUT of network providers.

Virtual Book Club - March 31, 2021 at 12pm NOON



This **Free** event is offered to anyone! Be Well's psychoeducation bookclub is an opportunity to connect, learn, and feel empowered.

The Four Agreements: A Practical Guide to Personal Freedom by Don Miguel Ruiz
Anyone interested, please email Lauren Taibi - LFTaibi@gmail.com.
Virtual link will be emailed after RSVP.

Meet our Team



Founder/Owner of Be Well Psychotherapy, Lauren F. Taibi, MA, LPC, NBCC, Board-Certified, Licensed Professional Counselor, child and adolescent experience, grief and bereavement speciality. Lauren is a Children's book author, and certified elementary educator. Together, at Be Well, we have opportunities to collaborate and grow. Our team allows families to receive care all in one center. It is a humbling experience to be able to work alongside dedicated and qualified professionals!

Please visit BeWellCaldwell.com or CALL 973.886.8300
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175 Fairfield Avenue - Suite 1C West Caldwell, NJ 07006



David Kaplan, MSW, LCSW

David comes with over 20+years of experience working with adults, adolescents, couples, and individuals in crisis. Specializing in the areas of loss, esteem building, and improving communication skills.



Cornelia Sherman, LCSW (NY and NJ), JD

I foster an empathetic and caring atmosphere where the client is able to explore and share their thoughts, feelings and observations of what they are experiencing and how they want to create positive changes. Each client is unique and I draw upon different methods and techniques to ensure that each person's needs are met. Treatment modalities include; Psychodynamic and Relational theories, Cognitive Behavioral Therapy, Mindfulness, Positive Psychology as well as Psychoeducation. I have been in practice for over 15 years with specialized training in maternity as well as issues specific to senior citizens.



Victoria R. Faljean, MA, LAC, ATR-BC

With a masters degree in mental health counseling from Caldwell University and 6+ years of clinical experience, Victoria assists clients by establishing therapeutic goals and objectives through the use of psychotherapy interventions and methods. With a specialization in art therapy, Victoria also excels in assisting clients in self-exploration with the introduction of art materials to build self-awareness and increase self esteem.



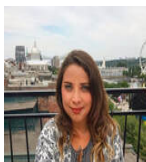
Sofia Neves-Gilcher, MA, LAC

Sofia has over ten years of experience working with children, adolescents and adults in school and clinical settings. She uses a person centered approach that focuses on Mindfulness, Positive Psychology and viewing the client holistically. As a Play Therapist, Sofia follows the client into their world utilizing toys to create a safe space to grow and heal. Sofia specializes in anxiety, communication skills, goal setting and building self esteem.



Maria Carputo LAC, NBCC

Maria has experience working with clients who suffer from several mental illnesses, individuals in crisis, clients experiencing issues related to anxiety, depression, relationship, and everyday challenges. Every client is uniquely different, thus, all therapy modalities used in sessions are distinct in order to meet each client's personal goal. Some treatment modalities used are Mindfulness, Psychodynamic approach, Cognitive Behavioral Therapy and Positive Psychology.



Victoria Schichtel, LAC, NBCC

As a Licensed Counselor in the State of New Jersey, Victoria has clinical experience in the mental health field. Victoria has experience specializing in person centered therapy with a mindfulness-based approach with children, adolescents, and adults. Victoria's goal is to create a safe and accepting space for all of her clients to feel comfort and ease as they look to achieve their goals.

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