



## Advanced Recovery Concepts

Nadira Bartlebaugh, LPCC

Nadira has a Master's Degree in Counseling from Cleveland State University. She has 12 years of experience in her role as a counselor, working in the community, mental health hospital, and forensic settings.

She works with children, adolescents, and adults by providing individual, family, and group counseling to enhance their personal growth. Her clinical focus includes the treatment of depression, anxiety, trauma, substance abuse disorders, relationship issues, and co-occurring mental health and substance abuse disorders.

### **Specialties**

- Trained in EMDR for Trauma
- Trained in Cognitive Behavioral Therapy (CBT)
- Trained in Substance Related Addictions (Alcohol and Drugs)
- Trained in Motivational Interviewing