



HEART OF AMBER THERAPY

AMBER HIGHLIGHTS

APRIL 2025 - ISSUE #3

A MESSAGE FROM THE FOUNDER



In a world that continues to experience rapid change, uncertainty, and challenges, it has never been more important to prioritize our well-being. At Heart of Amber Therapy, we remain committed to creating a space where growth, healing, and connection can thrive. As we navigate through these times, we're reminded of the power of community, self-care, and the resilience we all carry within us.

Thank you for being a part of the Heart of Amber family. Your well-being continues to be at the heart of everything we do.



EXPANDING INSURANCE PARTNERSHIPS

In our ongoing effort to ensure that mental health care is both accessible and affordable, we've made the decision to begin exploring independent credentialing with additional insurance providers outside of the platforms we currently use, such as Grow Therapy and Headway.

We're thrilled to share that we are in the process of finalizing agreements with Cigna Evernorth and AmeriHealth. This expansion will allow our Licensed Associate Counselors (LACs) at the practice to begin accepting insurance, making therapy more accessible to individuals who rely on these providers.

In addition to increasing accessibility, this will also allow us to provide even better client support when it comes to insurance coverage and accessing therapy. We're committed to ensuring that navigating insurance is as seamless as possible, so our clients can focus on what matters most—their healing journey.

To help individuals who may not have insurance, we are continuing to partner with OpenPath. OpenPath is a nonprofit organization that offers affordable therapy services to those who are uninsured or underinsured. This partnership will allow us to offer a sliding scale fee, helping to ensure that mental health care remains accessible to those who might otherwise struggle to afford it.



NEW SIGNAGE & ONLINE PRESENCE: WE'RE HERE AND EASY TO FIND!

We're excited to share that we've recently updated our office with new signage out front, making it even easier for you to find us! Our updated signage reflects the growth of Heart of Amber Therapy and our commitment to creating a welcoming and professional space for all of our clients. Whether you're visiting us for the first time or you're a regular, we hope this will make your experience even more seamless.

Special thanks to Signorama in Piscataway NJ in putting this together!



Additionally, we've made it easier to connect with us online by listing our practice on Google Business. This means you can now find us more easily through Google search, view office hours, and access key information about our services, all at your convenience. It's just another way we're working to make your experience with us as smooth and accessible as possible.



EXCITING COLLABORATION: CLINICAL SUPERVISION WITH LITTLE HANDS AND CREATIONS

We're thrilled to announce our new collaboration with Little Hands and Creations in New Brunswick, NJ. This organization is dedicated to supporting children's developmental needs through early childhood education and therapeutic services, including behavioral therapy, social skills development, and family support.

Heart of Amber Therapy has been contracted to provide clinical supervision services to their team, offering mentorship and guidance to help enhance the high-quality care they provide. We're excited to partner with Little Hands and Creations and look forward to contributing to their mission of empowering children and families in the community.



PARTNERING WITH CCW: PROVIDING MENTORSHIP INSIGHTS



We're also proud to share that we've partnered with CCW (Customer Contact Women) for their second issue. As part of this collaboration, we provided guidance on how to explore seeking mentorship in the workplace and advancing one's career. We believe mentorship is key to professional growth, and it's been a privilege to offer insights on navigating this important aspect of career development. We're excited to see the next issue come out and continue supporting CCW's valuable work!

WELCOMING OUR NEW COUNSELING INTERN: COURTNEY CARRICK

Due to the growing demand for therapy services at Heart of Amber Therapy, we are excited to welcome Courtney Carrick as our new counseling intern. Courtney comes to us from Rider University, and we're thrilled to have her join our team.

This addition not only helps us meet the increasing need for therapy, but also strengthens the community at our practice. By mentoring new therapists like Courtney, we continue to highlight the importance of preparing the next generation of clinicians and supporting their growth within the field.

We're excited for Courtney to bring fresh perspectives to our practice, and we look forward to supporting her professional development while continuing to provide excellent care to our clients.



INTERN SPOTLIGHT: CARMEN CASTRO

We're excited to share that our current counselling intern, Carmen Castro, recently participated in Episode 9 of the Heart of Amber Therapy Podcast, titled "Guard Your Energy." She did an amazing job discussing the importance of protecting personal energy and setting boundaries in both personal and professional settings.

Her insightful contributions and thoughtful perspective truly enhanced the conversation, and we couldn't be more proud of how well she represented the values of our practice. It's opportunities like this that help our interns grow, and we are so thrilled to see Carmen shine!

Be sure to check out the episode if you haven't already—it's a valuable listen for anyone looking to maintain their well-being and energy in today's fast-paced world.

As I reflect on my journey, I wanted to share a personal insight. Recently, I learned more about living with Obsessive-Compulsive Disorder (OCD) and how trauma has shaped my life. Balancing the roles of therapist, supervisor, business owner, wife, mother, daughter, sister, and friend can sometimes feel overwhelming. Add in navigating the complexities of OCD and trauma, and it's been a journey of constant growth and self-discovery.

There have been moments of struggle, times when I've questioned how I could keep pushing forward. But through it all, I've learned that facing these challenges head-on doesn't diminish my ability to serve others. In fact, it has empowered me more than ever before. I've found strength in vulnerability, and I am more committed to my clients, my family, my friends, and myself than ever.

I recognize that not everyone experiences things in the same way, and I share this not to minimize or diminish anyone else's experiences or coping mechanisms. Each person's journey is unique. My focus in sharing is about owning our vulnerabilities and reframing them as sources of strength. Continuing to show up as a therapist, supervisor, business owner, and friend—despite the challenges of OCD and trauma—has deepened my understanding of resilience. I hope my experience serves as a reminder to anyone facing their own struggles that you are stronger than you think. We all have the capacity to push through, grow, and feel empowered by the journey—even when it's hard.

I hope our community will continue to grow here at Heart of Amber Therapy, and I want to remind everyone that there's always another way to help ourselves. No matter what you're going through, there's always a path forward, and we're here to walk it with you.

With Warmth and Care,

The Heart of Amber Therapy Team

