

## Willow Tree Staff

**Susan A. Nobleman**, MA, LCADC, CCS, CPS, CAPP, is the immediate past Executive Director of The Willow Tree Center. Since our merger with Integrity House and subsequent departure, she now co-serves as the Director of Prevention & Treatment at Willow Tree Counseling Associates LLC. Sue received her Master's Degree in Counseling and Human Services from Montclair State University. Sue is licensed in New Jersey as a Clinical Alcohol and Drug Counselor (LCADC). She also holds active certifications as a Clinical Supervisor, as a Prevention Specialist, and in Applied Positive Psychology. Sue is also certified as a trainer for the Olweus Bullying Prevention Program, for Mental Health First Aid, for Flourishing Skills Groups (FSG) and for Bounce Back Better (B3), a resiliency skills program. Email Sue: sue@willowtree.org

**Charles R. Berman**, MA, LPC, LCADC, NCC, RPh is the Founding Associate Director of The Willow Tree Center and now serves as the Managing Director of Willow Tree Counseling Associates, LLC. Charlie is Licensed as a Professional Counselor (LPC) and as Clinical Alcohol and Drug Counselor (LCADC). He has his Master's Degree in Counseling and Human Services from Montclair State College and has been a NJ Registered Pharmacist (RPh) and has over 25 years of experience in the field of counseling adults. Charlie has trained & served as a Red Cross Crisis Counselor, was a High & Low-Ropes Adventure Course Instructor, and currently serves on the Morris County Mental Health Substance Abuse Advisory Board (MHSAAB) and the County Alliance Steering Subcommittee (CASS). Email Charlie: charlie@willowtree.org



Together nearly 4 decades, Charlie and Sue enjoy providing couple's counseling for other couples. Also adding a level of warmth and comfort, they are often joined by their two little Maltese pups.

## Prevention, Treatment & Wellness Services

### Addiction Evaluations

This is an intensive interview process to rule an addiction (aka a substance use disorder) in or out, determine the stage of the addiction (none, mild, moderate, severe), and identify the level of care needed.

### Individual Counseling

We provide a warm & welcoming environment for motivational, personal growth and relapse prevention counseling. When needed, we provide warm-handed referrals to inpatient & intensive outpatient programs. We also offer personal linkages to AA & other self-help groups.

### Couple & Family Counseling

A family or couple is any grouping of people who consider themselves as such. Frequently, families identify one person as "the problem" and want that person "fixed." More often, it makes greater sense to work with the whole family because dysfunction rarely occurs in a vacuum.

### Family Interventions

A highly effective and intensive process designed to help family, friends, and employers to motivate those they care about — those in denial of their addiction — to seek treatment for their dependency.

### Parents Enduring Loss from Addiction

**(PELA)** — A self-help group facilitated by a professional, helping people grieve without feeling any shame. PELA is an alternative grief group that understands addiction and provides a very safe and warm place in which to grieve and heal. Meetings occur on the 3rd Wed. of every month from 5:30 to 7pm.

**Flourishing Skills Group (FSG)** Do more than survive — learn skills to THRIVE! In an intimate and supportive group setting, your happiness skill set will increase over the course of 10 weeks that build and deepen upon one another, leaving you feeling nourished and empowered.

**Willow Women** — A FSG for women in long-term sobriety. While this is NOT a 12-Step Group, it is facilitated by a licensed therapist in long-term 12-Step Recovery.

**Olweus Bullying Prevention Program (OBPP)** is a science-based curriculum with over 40 years of research invested, showing effectiveness when implemented as intended. OBPP is comprehensive in nature, covering the following areas: School-wide programming, Classroom Programming, Individual skill building modules, and Community Support. Through OBPP, adults will be empowered to provide youth with a physically and emotionally safe environment in which to learn.

**100 VOICES Speak Up** is a day-long experiential conference to launch OBPP concepts to middle and high school youth. 100 VOICES will increase the social and emotional intelligence of student and adult participants and give them skills to intervene when witnessing bullying. The ultimate goal is to empower participants to take positive action to improve their school and community's emotional environment



## Why we call ourselves Willow Tree Counseling Associates

Willows are amazing trees — especially as a symbol for physical, social and emotional health & wellness. As humans, we also need to develop healthy root systems to feed and stabilize ourselves physically, socially and emotionally.

**Physically:** A willow tree's root system is how it receives physical nourishment and maintains health and stability. A willow with deep, healthy roots is a flexible tree which enables it to remain fully rooted when shoved or confronted by heavy winds, returning to its' center after the storm dissipates.

As much as we'd rather not, there will be times when we are confronted with the harshness — the storms of life — just like willows. But we are not victims. Like the willow, we can sway and move with the winds until the sun reappears. In order to do this, we must feed ourselves well to be healthy and not give up when a solution to a problem is not immediately known. We must become creative problem-solvers in the face of harsh times. Afterward, we will be able to lift our heads and shake ourselves off to find ourselves still fully rooted and centered — our true selves. "Blessed are the flexible, for they shall not get bent out of shape!"

**Socially:** We also need to be fed with friendships & family-like connections. Make friends with healthy, good people that you can trust.

**Emotionally:** We need to learn how to express emotions appropriately. It's normal to feel mad, sad, glad, scared, etc. They give us messages about what's going on in our lives. Like when someone doesn't show up when they promised, it makes sense that we would be sad or mad...but it's NOT ok to be physically or verbally abusive in response. Say what you mean and mean what you say, but don't say it in a mean way.

## — Continuing the metaphor — Willows know the importance of

### Practicing Self-Care & Asking for Help.

Aspirin was originally made from the bark of willow trees, so in a way, willows are natural healers. They help relieve people of pain. And almost unbelievably, when bugs attack willows by eating their leaves, the willows will emit a chemical to become distasteful to the bugs ... thereby encouraging them to leave. Willows practice self-care! We encourage you to practice self-care and self-soothing when dealing with painful situations. But consider a situation where the bugs don't see an alternative food source. To survive, they will continue eating even though the leaves are now bitter. At this point, the willow will discharge an even stronger chemical that will attract wasps to chase the bugs away. Willows know when to ask for help! The unhealthy alternatives to not practicing self-care or asking for help too often lead to alcohol and drug abuse, depression, self-mutilation, destructive and abusive relationships, bullying, suicide and other forms of violence. Practice self-care & ask for help.

**Acting with Kindness.** Research shows that when pests attack willows, they warn the other willows in the area through a pheromone release, thereby taking care of their community. We can do the same by watching out for one another and encouraging the development of peaceful, caring communities and families through consistent acts of kindness - even when we don't feel like it. Behave this way YOU will feel better. Be Kind.



Stopping Bullying  
& Youth Drinking

Empowering People to THRIVE -  
not just merely Survive

Providing Help for  
Addictions & Co-Dependency

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