

Counseling Solutions Staff Bios

Taylor Bowman

"I chose a career in mental health so that I could assist people to overcome the many obstacles they face as they attempt to improve the quality of their lives."



Taylor has over five years of mental health experience encompassing developmental disabilities, residential treatment and case management. At Counseling Solutions, she is a community psychiatric supportive treatment specialist. Taylor holds a bachelor's in psychology from Valparaiso University where she also minored in sociology. She is pursuing a master's in criminal justice at Kent State University. Her passion is working with people who exhibit a need for a direct approach to structure in their lives. Taylor's goals are to continue her education, receive a master's in counseling psychology, and a doctorate in the same field.

Areas of Expertise

- supportive services to adults with mental illness
- youth with behavioral problems and criminal records
- people with developmental disabilities

Philip Buck, MSSA, LISW-S

"I chose a career in mental health because I have seen people transform their lives dramatically by making small changes in the choices they make. I never get tired of watching this happen."



Phil is a 20-year veteran of the community mental health field. He serves as the WSEM site director for Center for Families and Children and the program director of Counseling Solutions. Phil holds a bachelor's in sociology and philosophy from Loyola College in Maryland and a master's in social administration from Case Western Reserve University. In 2009, he completed the Mental Health Executive Leadership Program at Case Western's Weatherhead School of Business. Phil is a supervising licensed independent social worker for Ohio and a member of the National Association of Social Workers. Until 2006, he was the board chair for the May Dugan Multi-Service Center, a neighborhood-based, social service center on the near west side of Cleveland. Phil also maintains a private clinical practice in Lakewood, OH.

Areas of Expertise

- solution focused brief therapy
- cognitive behavior therapy
- co-occurring mental illness
- alcohol and drug addiction
- domestic violence

Suzanna Chipman, LISW-S

“I chose a career in mental health because I have always been fascinated by how individuals think, make decisions and react to traumatic events or life situations. Each individual is as unique as their decision making process. My goal is to empower people by assisting them in identifying and utilizing their strengths to make positive changes in their lives to help them improve and more fully enjoy life’s journey.”



Suzanna provides services to children as young as 9, adolescents, teens and adults. She has over five years experience in the community mental health field and holds a master’s degree in social work from Cleveland State University. She is a supervising licensed independent social worker in Ohio and a member of the National Association of Social Workers (NASW) and American Psychological Association (APA). Suzanna is also the after school partial hospitalization program manager and the clinical supervisor for intensive in-home services at Applewood Centers. She is the past president and a current member of Citizens Committee for a Lakewood Animal shelter (CCLAS). She has supported Seeds of Literacy as a volunteer tutor for adults seeking their GED. The clinical approaches she uses include solution focused brief therapy, cognitive behavior therapy, behavioral therapy, dialectical behavior therapy, reality therapy, psychodynamic therapy, and trauma focused therapy.

Areas of Expertise

- anxiety disorders
- domestic violence
- mood disorders
- non-chemical addictions/compulsions
- sexual abuse recovery
- thought disorders
- personality disorders
- trauma recovery
- childhood behavioral disorders
- parent/child relationship problems
- parent training
- education and juvenile offenders

Carol M. Cavey, MD

“I chose psychiatry because I was fascinated by the stories of people’s lives and curious about why people choose to live these lives as they do. It is impossible to be bored while practicing psychiatry. Working with a great team like the Counseling Solutions group is also personally satisfying as I believe that our mission as a group is to do our part to ease suffering and help make the world a better place.”



Dr. Cavey has 30 years of experience in the community mental health field and is a psychiatrist and medical director at WSEM. She holds a doctorate from Case Western Reserve School of Medicine and completed her residency in psychiatry at University Hospitals of Cleveland. Dr. Cavey is board certified by the American Association of Psychiatric Medicine and licensed to practice medicine and surgery in Ohio. In 2007, she was the winner of the Cuyahoga County Community Mental Health Board’s Kathleen Burton Memorial Award, which recognizes an outstanding mental health professional each year. Her goal is to one day write a book about what she has learned in her professional life.

Areas of Expertise

- psychiatric therapy for adults and teens

Dely Colon

Dely is the office manager at Counseling Solutions. She is bilingual in Spanish and English.



Nellie Cruz-Krawczynski, LISW

Nellie is a therapist with Counseling Solutions and a licensed independent social worker.

Curtis Donald, PC, LICDC

“I chose a career in mental health because it is a privilege as a fellow traveler to help others experience the fullness of life. Through holistic wellness and self empowerment, balance can be enhanced and restored. I am committed to helping others enjoy the fullness of life.”



Curtis has nearly 30 years experience serving those in the behavioral health community. He holds master’s degrees in community agency counseling and in community health education from Cleveland State University. He has also begun a doctoral curriculum at Walden University. Curtis is a professional counselor and a licensed independent chemical dependency counselor by the state of Ohio. He has spoken at churches, schools, and community centers on issues pertaining to resiliency, spirituality, and social change.

Areas of Expertise

- mentally/emotionally challenged
- chemically dependent adults
- at risk youth in the Cleveland Metropolitan School District

Sara Floreth, PC

“It is a privilege for me to use my therapeutic skills to help others discover their own healing power. We are constantly in the process of becoming something new. Being a part of that is life-giving to all involved.”



Sara Floreth has over 10 years of social work experience encompassing extensive work with the Hispanic community, with victims of human trafficking, and with individuals living with chronic illness. At Counseling Solutions, she is a bilingual clinical therapist. Sara holds bachelor’s degrees in Spanish and community health from Ohio University. She earned a master’s in counseling at Northern Arizona University. She is a licensed professional counselor and national board certified counselor. In addition to her work at Counseling Solutions, Sara is a contract clinical therapist at Lutheran Family Services. Sara’s goals include helping break down cultural barriers that keep members of minority communities from seeking mental health services and additional training in dialectical behavior therapy. She is interested in spirituality, fitness, and travel.

Areas of Expertise

- treatment of anxiety disorders
- mood disorders
- trauma recovery

Arlene HudsonBey-Lewis, LSW, LICDC

“I chose a career in mental health to make a difference in the lives of families though education, linkages and support.”

Arlene has over 20 years experience in the community mental health field and serves as a drug court case manager for the Greater Cleveland Drug Court. She holds a bachelor’s in social work from Cleveland State University. Arlene is a licensed social worker and a licensed independent chemical dependency counselor in Ohio.

Areas of Expertise

- solution focused brief therapy
- cognitive behavior therapy
- family therapy
- substance abuse counseling
- case management
- advocacy

Natalie Jernigan, PCC-S

“I chose a career in mental health to work with both children and adults on finding skills to get in touch with themselves from an emotional, physical and mindful level. In doing this, they may be more prepared to process how emotions and thoughts are related to behavior patterns that impact relationships, employment, school, etc. Once skills are learned, they can then practice making small changes to live a more fulfilling lifestyle.”



Natalie is the admission coordinator, clinical therapist and art therapist at Counseling Solutions. She also provides field instruction to graduate student interns. She has been active in the community mental health field for nearly 15 years, initially as a child adolescent art therapist and then expanding her services to include adults. She holds a bachelor’s in art and psychology from Auburn University and a master’s in art therapy counseling from Ursuline College. She serves as a professional clinical counselor at Ursuline College and completed an intensive training course in dialectical behavior therapy at Behavioral Tech in June 2011. Natalie hopes to deepen her yoga practice and become more proficient in meditation practices and life coaching.

Areas of Expertise

- art centered psychotherapy
- gestalt
- dialectical behavior therapy
- solution focused brief therapy

Peggy Kordic, LISW-S

“I chose a career in mental health to support people in their recovery from difficult life situations by encouraging them to mobilize their strengths towards positive change.”



Peggy is a 25-year community mental health veteran and is a clinical therapist at Counseling Solutions. She also maintains an independent clinical practice in Lakewood, Ohio. At Counseling Solutions, Peggy provides field instruction for graduate student interns. She holds a master's in social work from Case Western Reserve University and is a supervising licensed independent social worker. Her goals include studying and re-learning all of the Spanish she has forgotten.

Areas of Expertise

- solution focused brief therapy
- cognitive behavior therapy
- mood disorders
- domestic violence
- couples counseling
- parenting
- substance abuse
- stress management
- employee assistance program assessment

David Kwon, PMHNP-BC

“I chose a career in mental health for a couple of reasons. I have always been fascinated by the inner workings of the human mind. I also see mental health as a much neglected, but extremely important area of health care. The mind and body are synergistic and problems in one area are very often associated with problems in the other. Poor mental health makes it much more difficult for people to take care of themselves physically, particularly with complex medical problems.



Poor physical health often leads to mental health issues. And even if one has good physical health, how good will that person's quality of life be when plagued by depression, anxiety or other mental health issues?”

Dave is a recent addition to WSEM since August 2011. He holds a master's degree in psychiatric mental health nursing from Case Western Reserve University. He is pursuing a doctorate in nursing at Case Western Reserve University and hopes to finish by the end of 2012 or early 2013. Dave also holds a bachelor's degree in nursing from Cleveland State University and a bachelor's degree in cognitive science from Vassar College. Dave is currently licensed as a psychiatric nurse practitioner and also holds a license to prescribe medications.

Ronald K. Manning, MSSA, LISW-S

"I chose a career in mental health because of my desire to provide quality, competent, comprehensive treatment and social services to a diverse, ever changing, urban community."



Ron has been a community mental health professional for over 20 years and is the program coordinator for the Emerald Development & Economic Network, Inc, Supportive Housing Program at Recovery Resources. At Counseling Solutions, he serves as a home-based clinical therapist. Ron holds a bachelor's degree in psychology from Baldwin-Wallace College and a master's in social administration degree from Case Western Reserve University. He is a supervising licensed independent social worker and a proud member of the Coalition on Homelessness and Housing in Ohio.

Areas of Expertise

- preventive substance abuse services
- general mental health treatment
- solution focused brief therapy
- cognitive behavior therapy
- parenting skills training for fathers

Reaver D. Nelson, LISW-S

"I chose a career in mental health because of my interest in improving mental health and substance abuse delivery services for underserved communities, particularly in African-Americans as a result of the societal stigmas that are placed on those who are struggling to manage mental health or substance abuse issues within our community."



Reaver is a clinical therapist at Counseling Solutions and has been a behavioral healthcare provider for more than 20 years. She holds a master's degree in social work from Cleveland State University and is a supervising licensed independent social worker in Ohio. In addition to her service at WSEM, Reaver is a social worker for the Comprehensive Homeless Center at the Veterans Health Administration. She served in the National Council of Negro Women as a member of the Cleveland chapter and past vice president of the Cleveland State University chapter. Reaver is also a member of the Ohio chapter of the National Association of Social Workers where she serves on the Professional Issues Committee. Until 2009, she was the board chair of the May Dugan Multi-Service Center, a neighborhood based, social service center on the near west side of Cleveland.

Areas of Expertise

- dialectical behavior therapy
- substance abuse recovery

Gabriela Sehinkman, MA, LISW-S

“I chose a career in mental health because I find an individual’s ability to change is fascinating. I feel privileged when a person allows me to be a part of that change process. To empower somebody to take charge of his or her own life’s struggles and turn them around continues to fuel my passion for this profession.”



Gabriela is a clinical therapist with Counseling Solutions and provides services to children as young as 5, adolescents and adults. She also provides field instruction to graduate student interns. She is bilingual in Spanish and English. Gabriela has over 20 years experience in the community mental health field and holds a master’s in psychology from the University of Buenos Aires in Argentina and a master’s in social work from Cleveland State University. Gabriela is a supervising licensed independent social worker in Ohio and a member of the Ohio Latino Mental Health Network. She has served as an adjunct professor of social work at the University of Akron and is pursuing a doctorate at the Mandel School of Applied Social Sciences at Case Western Reserve University. She collaborates with the National Alliance on Mental Illness (NAMI) by speaking about mental health topics to the Cleveland Spanish-speaking community. Gabriela serves as member of the NAMI Multicultural Outreach Advisory Board, as well as the Domestic Violence Advisory Board for the Latina Project. Her clinical approaches of preference are cognitive behavior therapy, behavioral therapy and solution-focused brief therapy.

Areas of Expertise

- mood disorders
- anxiety disorders
- domestic violence
- childhood behavioral disorders
- parent/child relationship problems
- parent training and education

Patricia Watts, PC

Patricia is a clinical therapist at Counseling Solutions and a licensed professional counselor. She has experience in performing comprehensive psychological assessments, diagnostic testing, and outreach and prevention services including psycho-education in stress and anger management. Patricia holds a master’s degree in community counseling from Wright State University, a master’s in psychology from Pepperdine University and bachelor’s in psychology from Kent State University. She is pursuing a doctorate in clinical psychology at the Illinois School of Professional Psychology. She has presented prevention based workshops on topics, such as self-esteem, relaxation/stress reduction, and domestic violence.



Areas of Expertise

- dialectical behavior therapy (DBT)
- eye movement desensitization and reprocessing (EMDR)
- trauma/abuse
- individual, couples and group treatment

Louis Weigele, LISW-S, BCD, MCGC II

“I enjoy the work of helping someone to live as effectively as possible.”

Louis Weigele has over 30 years of social work experience encompassing clinical practice, clinical supervision and program administration. He is a doctoral student and adjunct instructor at the Mandel School of Applied Social Sciences at Case Western Reserve University and maintains an independent clinical practice in Lakewood, Ohio. He has created services and programs for the integration of mental illness and severe addiction problems. Louis has served as the president of the Ohio Council on Problem Gambling and on the board of the National Council on Problem Gambling. He is a former vice president of the Ohio Chapter of the National Association of Social Workers.



Areas of Expertise

- treatment of severe and persistent mental illness
- forensics
- dual diagnosis (substance abuse and mental illness)
- drug dependency and other addictions
- assessment and treatment of problem gambling and substance abuse disorders
- treating severe and persistent mental illness
- individual, couples and group treatment

Donna Woods, LSW

Donna is a clinical therapist at Counseling Solutions. Donna is a licensed social worker and holds a bachelor’s degree in social work from Cleveland State University.

Contact Counseling Solutions



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