

Noemi A. Bolton
MSSM, MSW, LCSW



Psychotherapist
License #44SC05550500

Welcome! You just took a difficult but very important step to a new path!

I understand that asking for help can be very difficult, especially when you are feeling anxious and overwhelmed, or struggling with emotions of anger or guilt. It is not always easy to find someone who can understand you and what you are going through. However, a good psychotherapist can help you uncover answers to disturbing questions and resolve distressing situations.

As a clinically-trained, licensed psychotherapist with over 30 years of experience in treating a broad spectrum of mental and emotional disorders, I have helped countless individuals take control and live happier, more fulfilling lives. My goal in therapy is to provide respectful and compassionate assistance to individuals who are struggling with life-threatening challenges.

Let me be the guide on your journey to a better life!

Suffering from fear and anxiety? Are you unhappy in your life and relationships?

Is your current relationship hindering your ability to live a balanced, joyful and fulfilling life? Are you drowning in despair? Are you living in fear and finding it difficult to function as a result of trauma you have experienced? Is your current mental or emotional state affecting those around you? Are you suffering because of trauma you have been inflicting on others but you don't know how to stop?

Types of Concerns Addressed

I help people resolve a wide variety of life-altering situations including: adult/child trauma and abuse, depression, grief, anxiety, anger, alcohol and/or substance abuse, eating disorders, bipolar dissociation, thought disorders, phobias, gambling or pornography addiction, relationship issues, and other diagnosed disorders that may actually be symptoms of a deeper underlying condition.

Specialized Therapy Services

- Intensive Individual Therapy using Bio-energetics and Prolonged Exposure techniques
- Couples & Marriage Therapy
- Therapeutic Child Visitation & Family Therapy
- Men & Women Trauma Group Therapy

HOW CAN I HELP?

Getting You Safe: Our initial interactions will focus on ensuring the safety of you and your loved ones and removing you from immediate danger or threat. I will assist you in finding a new place to live; lessening your fear and helping you adjust and feel comfortable in your new surroundings.

Securing Support: There are community services available to help you including the Board of Social Services, Adult Protective Services, and the Victims of Crime Compensation Office.

Imparting Coping Strategies: You will learn a variety of strategies and techniques to reduce fear, stress, and anxiety, enabling you to function more effectively.

Defining a Plan of Action: I offer intensive therapy that can uncover behavioral patterns that are self-destructive and may be contributing to your current situation. Only then can we break the cycle of abuse and formulate a plan of action.

Reclaiming Life: Using time-tested methods to process and work through the trauma, we can identify and solve problems in a goal-oriented way that focuses on the present as well as the future, and allows you to put the past behind you. You can reclaim the right to live in freedom and safety, and start on a new path to a happier, more fulfilling life, free of the fear and anxiety of the past.

Partial List of Credentials

Please see my website for a comprehensive list.

Credentials

- Licensed Clinical Social Worker (LCSW)
- Certified Researcher in Human Subjects by the Protection for Human Subjects in Research Institution Review Board

Certificates

- Digital Technology & Domestic Violence
- Trauma Processing, Vicarious Trauma & Resilience
- Sexual Addiction
- Compulsive Gambling, Hunterdon Behavioral Health
- The Personality Disordered Addict (Dual Diagnosis)
- Forensic Social Work & Elder Law, NJ
- Spanish for Social Services, Rutgers University

Education

- Post-Graduate Training in Sex and Relationship Therapy, UMDNJ – Robert Wood Johnson Medical School with Dr. Sandra Lieblum – 2008
- Masters in Social Work, Rutgers University, New Brunswick, NJ – 2007
- Master of Science in Systems Management, University of Southern California, Los Angeles, CA – 1986

Affiliations and Community Involvement

- American Association for Psychoanalysis in Clinical Social Work
- National Association of Social Workers
- National Association of Professional Women

YOU HAVE RIGHTS

You have the right to live without threat of physical, mental or emotional harm.
You have the right to be financially independent.
You have the right to live without fear.
You have the right to make your own decisions without intimidation.
You have the right to live the life you choose.

Client Testimonials

“Noemi saved my life. I owe everything I have to her.” – C.B.

“I greatly appreciate your competence, your incredible energy, your persistence and your belief in me.” – B.D.

“I appreciate her willingness to advocate for me. She helped me address issues I have avoided for too long. It’s a good beginning!” – J.L.

“You have touched my heart deeply. You got me and I felt safe with you. You helped me begin my journey. Thank you for understanding. Thank you for helping me open up.” – L.N.

“Thank you for everything you have done for me! I feel like a new person with confidence and wisdom!” – C.Z.

Afraid you can't afford it? I can help.

Call me today: (908) 246-7489

**Noemi A. Bolton, MSSM, MSW, LCSW
Psychotherapist**


24 Mine Street
Flemington, NJ 08802
www.noemibolton.com

Physical Abuse Emotional Abuse Sexual Abuse



Suffering from the effects of abuse?
Feeling overwhelmed?
Unsure of how to cope?
Would you like to reclaim your life?

Call for an appointment today:
(908) 246-7489

 **Noemi A. Bolton**
MSSM, MSW, LCSW
Psychotherapist
License #44SC05550500

Specializing in Trauma
Men, Women & Children

Financial assistance may be available
for those who qualify