



**Dr. Shirley Stuber Taylor**

Dr. Taylor is a licensed psychologist with 25 years of experience in providing psychological testing and therapy to children, adoles-

cents, adults and families. She is trained and certified in divorce and custody mediation, play therapy, Thought Field Therapy, Eye Movement Desensitization and Reprocessing (EMDR), medical hypnotherapy and solution-focused therapy. Her treatment style is direct, practical and caring.

**Tom Bein**



Tom Bein is a licensed psychologist who has more than 30 years of clinical experience. He specializes in individual counseling and psychological testing. He works with

teenagers and adults. His interests include stress and pain management. His treatment approach is straightforward and compassionate.

*All of us need help now and then to deal with life's challenges...*

- Work stress
- Divorce
- Anxiety
- Depression
- Loneliness
- Career testing
- Worry
- Anger
- Legal concerns
- Shyness
- Infidelity
- Mediation
- Relationship conflicts
- Childhood abuse
- Parent – child conflict
- Relationship issues
- School problems
- Eating disorders
- Substance abuse
- ADHD
- Pain management
- Psychological testing
- Sexual problems

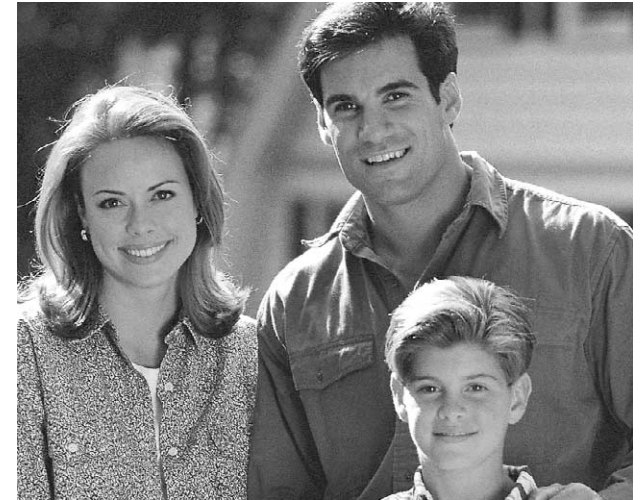


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**HEARTLAND COUNSELING SERVICES**

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# Heartland Counseling Services



**Confidential  
Professional  
Experienced**

*We can help!*



*Heartland Health*

**HEARTLAND COUNSELING SERVICES**

137 N. Belt Hwy  
St. Joseph, MO 64506  
(816) 271-6573

## *How do I know if I need help?*

If you find you are worrying about a problem more than just a few minutes a day, you may need to talk to someone. If you can't find a solution to a problem, discussing it with an experienced counselor may generate options for change.

## *What is the process?*

Call our receptionist for an appointment at (816) 271-6573. We can usually see you within a few days, or even sooner if the matter is urgent. During your first visit, your therapist will learn about you and what is disrupting your life. You and the therapist become a team, working together to examine options for your problems. Some problems are solved in one session, while more complex problems generally require more time.

## *I don't want anyone to know about my personal problems.*

Heartland Counseling Services respects your privacy and confidentiality. No one is informed about your visit to us unless you instruct us to release that information. No one ... not even your employer or your spouse is informed that you have spoken to a counseling professional.

## *What if my concerns are about a family member?*

Many insurance plans allow an immediate family member to be covered for counseling services. Please check with your insurance plan to determine coverage. If you are distressed by a family member's situation, call us to discuss the options to help your loved one.

## *What if I think my problem is too petty or too serious for you to help me?*

If something is bothering you, please call us. We help with all types of issues, large and small. Some concerns may have lasted for years, some may be new. It doesn't matter. We can help.



### **Mike Caruso**

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Mike has 25 years of mental health experience in a variety of settings, including work with hospitalized clients and those in outpatient counseling.

His knowledge of family systems has been especially valuable in helping people cope with problems that include: marital, family, workplace concerns, substance abuse, adolescent problems, anxiety, depression, divorce, anger, spiritual issues, death and dying concerns, stress management and pain management.

### **Tamra Paolillo**

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Tamra is a family therapist and has 25 years of clinical experience. She has broad interests and training, but particularly enjoys working through relationship issues and the

trials of adolescence, including parent/child conflict. She frequently provides consultation to businesses addressing workplace performance problems, including alcohol/drug training. Other areas of interest include eating disorders, weight management and stress reduction. She is passionate about her work and offers a unique approach to bringing problems to a resolution.