

Lindsay Meyer - Thein LLC

"Believe You Can and You're Halfway
There"

About Me:

Hello! I'm Lindsay Thein and I am a Licensed Clinical Social Worker (LCSW) and a Licensed Alcohol and Drug Counselor (LCADC). I specialize in working with children, adolescents, teens, families and substance use. I attended Ramapo College of NJ for my Bachelor's Degree in Social Work (BSW) and Monmouth University for Master of Social Work (MSW) with a concentration in substance abuse and children and families. I currently hold a NJ Clinical Supervisor Certification, which allows me to supervise new social workers in the field.

My background is extensive and consists of experience in many different areas of social work. Currently, I'm employed as a Student Assistance Counselor in the Keyport School District and have been there for 9 years. Prior to that, I worked in other school systems as a social worker and student assistance counselor. Although a majority of my tenure has been in the school system I have also worked in psychiatric facilities, crisis units in the ED, substance abuse treatment facilities and for DCP&P, formerly DYFS.

The counseling modalities that I currently use are Cognitive-Behavioral, while utilizing a Strengths-Based Approach. It begins with changing negative patterns of thinking that lead to destructive behaviors. I will help you to recognize your strengths and develop a mindset that will allow you to make better choices. At Lindsay Meyer-Thein LLC we treat everyone equally and want you to realize how important you are. Remember: believe you can and you're halfway there.

Services offered:

- Individual Therapy
- Group Therapy
- Clinical Supervision
- Family Sessions

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