



Dr. Moussavand Tranquility Center

[HOME](#)

[SERVICES](#)

[ABOUT US](#)

[GOOD READS](#)

[CONTACT](#)

DR MOUSSAVAND TRANQUILITY CENTER

Picture should be dominated by green
(rather than blue) water (creek) is
good, gravel road is good



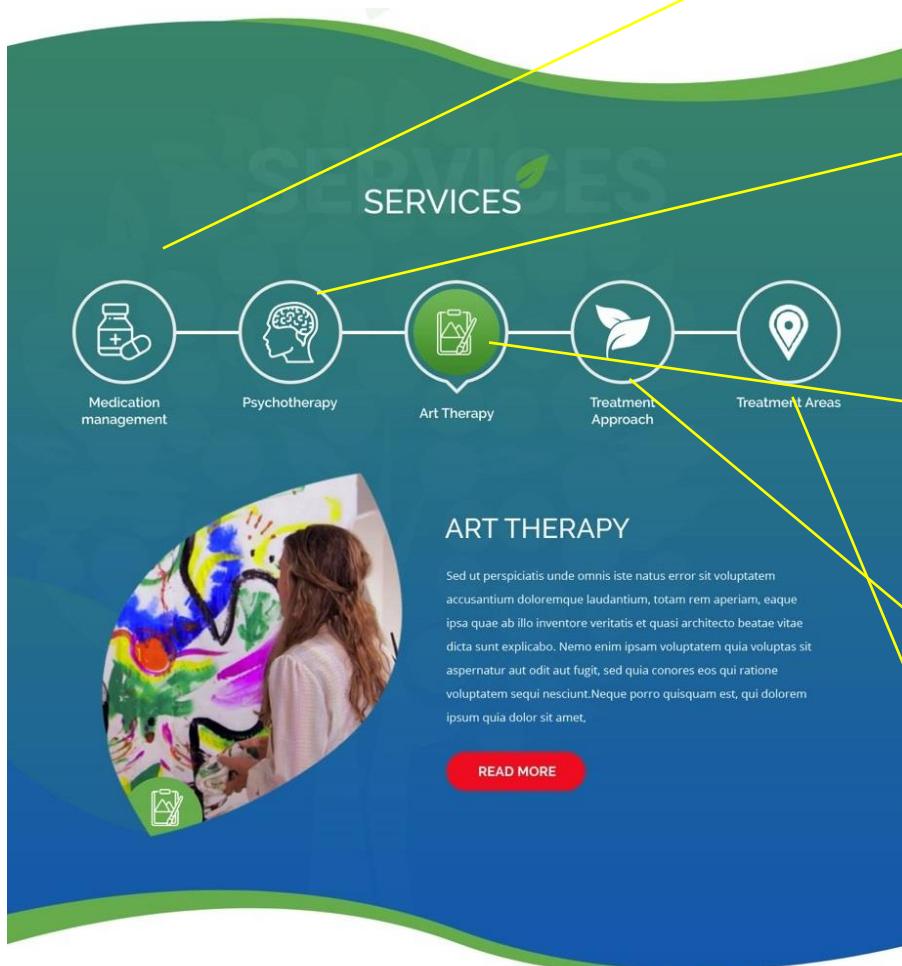
WELCOME

Each individual is unique with unique personality and unique needs. Therefore we provide individual treatment customized for you or your child. Multiculturalism also informs our practice. We are a full service mental health practice with the capacity to serve adults, children, teens and their parents.

We provide high quality evidence based treatment and care including medication management, pharmacogenomic testing, individual psychotherapy, group psychotherapy, art therapy, CBT, DBT and trauma therapy. Our providers are experts in treating variety of illnesses such as depression, anxiety, schizophrenia, ADHD, gender identity concerns and PTSD.

We are experienced in a variety of methods that help people achieve their psychological goals, and we will discuss with you the best ways to attain the health and wellness that you deserve. We are committed to helping you achieve your optimal level of emotional functioning and fulfill a successful life.

Edited Text from gabriala?



Medication management icon:



Show no medications/ symbols

Psychotherapy Icon:



Show no faces

Art Therapy Icon:



Show different types of art, not just painting

Treatment approach icon: Icon:



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Treatment Areas



Different types of mental disorders

Medication management

- Psychogenomic testing

A yellow speech bubble with a blue outline and a small tail pointing towards the left, containing the text "Text to come from sam".

Text to come from sam

Psychotherapy

- Individual
- Group
- Couples
- Family

Art therapy

- **What is Art Therapy?**
- Art Therapy is a mental health profession that applies the creative process of art making to improve the mental and emotional well-being of individuals of all ages. Art Therapy combines the use of psychotherapy with the creative process. It is founded on the idea that the creative process involved in artistic self-expression can help individuals resolve conflicts, gain insight and self-awareness, develop interpersonal skills, reduce stress, regulate behavior, and increase self-esteem and self-actualization.
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- Through creative expression, clients are able to access an additional level of insight that promotes an alternative format in which to process difficult experiences/emotions when words may not have been adequate. Art Therapy focuses on the process and what is learned during the creative process rather than the completed product.
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- **Who can benefit from Art Therapy?**
- Any and everybody! All ages can benefit from art therapy. No artistic skill needed.
-
- **What does Art Therapy treat?**
- Art Therapy is utilized to assess and treat the following: depression, anxiety and other mental and emotional problems; trauma and loss; family relationship issues; abuse and domestic violence; social and emotional difficulties related to disability and illness; substance abuse and other addictions; physical, cognitive, and neurological problems, and psychosocial difficulties related to medical illness.
-
- **Who is an Art Therapist?**
- Art Therapists are master level professionals who have a degree in Art Therapy. They must be certified by the Art Therapy Credentials Board and uphold the ethical standards and continuing education requirements required by that board. Art Therapists are experienced in the application of numerous artistic media (painting, drawing, clay, sculpture, and other mediums) to utilize for assessment and clinical treatment.
-
- Our Art Therapists have a dual degree in Mental Health Counseling and Art Therapy.

Treatment Approaches

- **Cognitive-behavioral therapy (CBT):** this form of therapy rests on the premise that thoughts influence behavior and emotion. Through a variety of techniques focused in the here-and-now, the CBT therapist partners with the client on modifying dysfunctional thought patterns that contribute to problem behaviors. CBT has been extensively researched and is considered an evidence-based treatment option for a wide range of diagnoses, such as mood disorders, anxiety disorders, posttraumatic stress, adjustment disorders, bipolar disorder, to name a few.
-
- **Cognitive-behavioral therapy for psychosis (CBT-p):** this is an adaptation of traditional CBT that has extensive research support and has proven effective in decreasing positive and negative symptoms of psychosis, as well as improving overall functioning and quality of life of the person.
-
- **Dialectical-behavioral therapy (DBT):** this is another evidence-based treatment developed initially to help people with severe difficulties regulating emotions. DBT teaches four core skills: mindfulness, emotion regulation, interpersonal effectiveness and distress tolerance. It balances change and commitment strategies with the ultimate goal of reaching a life worth living. While DBT draws from behavioral and cognitive therapies, it uses a unique dialectical approach. Dialectics is the search for synthesis of two apparently contradictory opposites. When applied in therapy, the dialectical mindset allows both client and therapist to get “unstuck” and move towards acceptance and/or change.
-
- **Prolonged Exposure (PE):** this is an evidence-based treatment approach developed to treat posttraumatic stress symptoms. Avoidance of pain and discomfort is a natural human response and it’s common for people who experience distressing symptoms after a traumatic experience to try to avoid anything that triggers emotions, thoughts or physical sensations associated with the trauma. The problem with avoidance is that it blocks the person from getting new feedback that would allow them to realize they are no longer in danger. PE uses techniques that break the cycle of avoidance by using gradual exposure (in session and in “real life”) to situations that allow the person to get corrective feedback from reality. Through PE, the individual will reengage with life, distinguish between danger and safety, and experience relief from posttraumatic stress.
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- **Eye movement desensitization and reprocessing (EMDR):** this is an evidence-based treatment initially developed to target traumatic experiences and heal the distress caused by them. It consists of a total of eight phases of treatment, some of which are assessment, learning coping strategies to cope with distress, work on exposure to traumatic memories and reprocessing beliefs associated with them.
-
- **Somatic experiencing (SE):** this short-term treatment approach is also used to heal distress caused by traumatic experiences. The focus is on physical sensations associated with traumatic experiences and in helping the person learn how to regulate their autonomic nervous systems that trigger disruptive sensations on their own. It can be used alone or as an adjunct to other therapies.
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Treatment areas

- Attention Deficit Hyperactivity Disorder
- Depressive disorders
- Anxiety disorders
- Attention-deficit/hyperactivity disorder
- Bipolar disorder
- Posttraumatic stress disorder
- Adjustment disorders
- Schizophrenia
- Borderline Personality Disorder
- Trauma
- Anger management
- Bereavement/Grief
- Family conflict
- Parenting
- Women's issues
- LGBTQ issues
- Relationship issues
- Abusive relationships/domestic abuse
- Life/professional transition issues

ABOUT US

Other than English, we speak the following languages



Spanish



German



Farsi



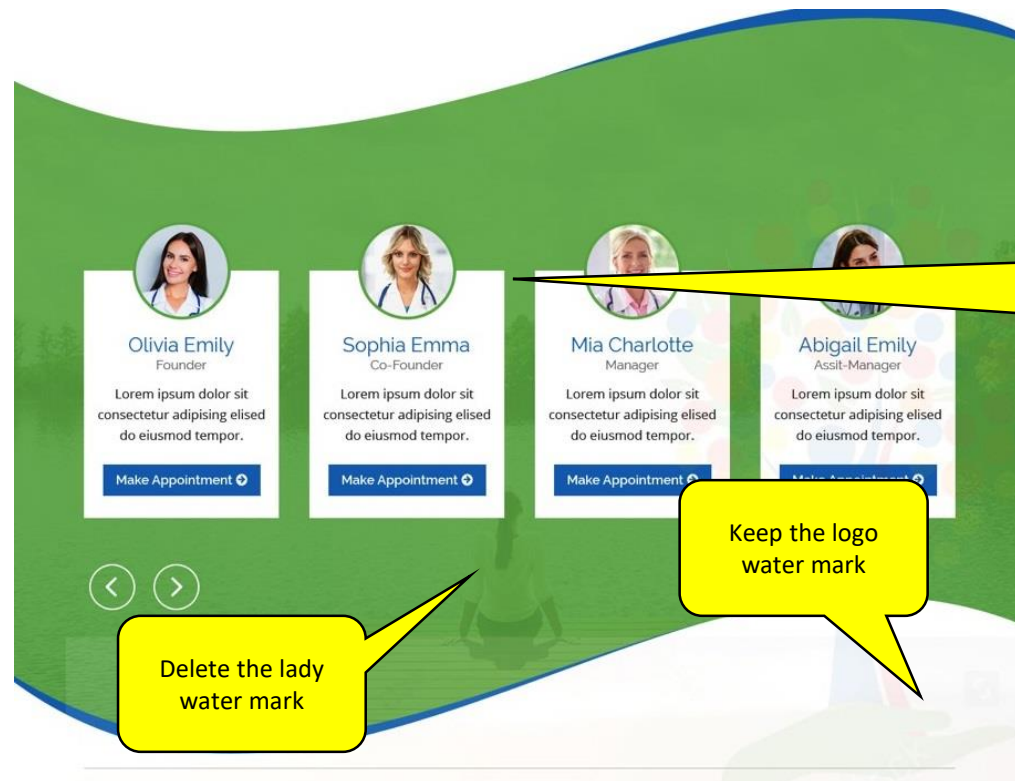
Hebrew

You will find a number of highly specialized – experienced and caring therapists and psychiatrists in Tranquility Center. We provide medication management and psychotherapy (counseling) across the lifespan.

– children, teens and adults.

Office pic from sam





Delete the lady
water mark

Keep the logo
water mark

See next page for
pics/descriptions of each
therapist.
When you click on name/pic
the description show

Samareh Moussavand

Picture to be provided

I am a child, adolescent, and adult psychiatrist who takes a special interest in helping young people. My goal is to allow each individual understand their mental illness and reach their full potential.

I received my medical degree in 1991 from Johannes Gutenberg Universitat in Mainz, Germany. I completed my residency in adult psychiatry and my fellowship in Child & Adolescent Psychiatry at University Hospitals of Cleveland/Case Western Reserve University, Cleveland, Ohio.

Though I treat all mental illnesses, my special interest is in mood disorders, anxiety disorders Attention Deficit Hyperactivity Disorder (ADHD), Schizophrenia and Autism Spectrum Disorders.

Neema Saleem

Picture to be provided

I am a licensed professional clinical counselor and board-certified registered art therapist who has experience working with children, adolescents, adults, and older adults. I earned a Bachelor of Arts from Capital University, double majoring in Art Therapy and Psychology and minoring in Studio Art, and a Master of Arts from Ursuline College, the Counseling and Art Therapy program. My experience ranges from working in nursing homes, behavioral school environments and hospitals to mental health outpatient settings, providing individualized and group treatment.

I enjoy immersing myself in various cultures and interacting with individuals from all walks of life. My areas of focus include helping individuals link to a life worth living whether experiencing mood disorders, personality disorders, anxiety, schizophrenia, or trauma-based disorders. My focus is on building self-esteem through channeling positive self-talk and self-validation.

Art therapy is incorporated into practice to support non-verbal self-expression. I practice from a mixture of approaches and theories: person-centered, solution-focused, existential, CBT (Cognitive Behavioral Therapy), and DBT (Dialectical Behavior Therapy). I also have specialized training in CDSMP (Chronic Disease Self-Management Program) to treat individuals dealing with chronic diseases, and CBT-p (Cognitive Behavioral Therapy for psychosis) to help those affected by schizophrenia spectrum disorders. I enjoy including unique interventions into my practice, such as those related to physical wellness to support an overall balanced life.

Gabriela Sehinkman

Picture to be provided

We have distinct personalities and communication styles. We love and parent differently. And we also struggle with emotions in unique ways. I will work collaboratively with you to understand your problems and find effective ways to resolve them. Years in community and private practice settings have broadened my clinical perspective and given me the privilege to work with richly diverse individuals, couples and families.

I treat mood and anxiety disorders, adjustment disorders, personality disorders, trauma-based disorders, women's issues, problems related to intimate partner violence, and schizophrenia spectrum disorders. I also work with cultural adjustment problems in individuals as well as families, and mixed-culture couples facing communication barriers. Ages: 16+.

My clinical training includes Cognitive-Behavior Therapy for depression and anxiety, Cognitive Behavior Therapy for psychosis, Dialectical Behavior Therapy, and Prolonged Exposure. Trauma-informed care and multiculturalism also inform my practice.

Tenemos distintas personalidades y estilos de comunicación. Amamos y criamos a nuestros hijos de diferentes maneras. También lidiamos con nuestras emociones de modos diversos. Como terapeuta, trato de entender su situación específica y trabajar juntos para solucionarla. El trabajo comunitario y privado con personas de gran diversidad cultural ha ampliado mi perspectiva clínica y he tenido el privilegio de trabajar con individuos, parejas y familias sumamente diversos.

Me especializo en tratar depresión y ansiedad, dificultades de adaptación, trastornos de personalidad, trastornos derivados de traumas, violencia doméstica y trastorno de esquizofrenia. También trabajo con problemas de adaptación cultural en individuos y familias, así como también con parejas de culturas mixtas con problemas de comunicación. Edades: 16+.

Estoy capacitada en Terapia Cognitivo-Conductual para depresión y ansiedad, Terapia Cognitivo-Conductual para psicosis, Terapia Dialéctico-Conductual y Exposición Prolongada. Mi perspectiva clínica es multicultural y consciente del impacto que traumas pasados pueden tener en el presente.

Ruth Sudilovski

Picture to be provided

As a social worker, I have always believed in the strength of the individual to heal. My role is to support and encourage each person to find that source of strength and balance that they innately possess. It can be difficult to seek help when things seem overwhelming and confusing, and that is why I have always tried to offer a compassionate and safe environment where my clients can feel accepted wherever they might be in their journey of self-discovery and growth. I am empathetic and non-judgmental, and focus on ways to empower my clients to begin to recognize and believe in their own abilities.

I believe in the importance of the mind-body connection in healing and have been working towards my certification in Eye Movement Desensitization Reprocessing (EMDR) therapy and currently being trained in Somatic Experiencing (SE) through the Somatic Experiencing Trauma Institute.

I have been able to support individuals who have struggled with depression, anxiety, domestic violence, relationship issues, family of origin struggles, trauma (including sexual trauma and attachment trauma), grief, and general adjustment to life's difficulties.

Clair Whiteman

Picture to be provided

I believe we are all of value. Yet, many fail to see themselves worthy of self-compassion. Each of us holds a unique place in this world even when we are struggling through our darkest moments. We respond to situations using adaptive or maladaptive patterns we have created through past experiences to survive. The ability to learn new patterns and find ways to help our bodies respond in different ways is essential to increasing one's wellbeing and decreasing problematic symptoms. A therapeutic relationship based on safety, honesty, and trust is essential in creating change. I strive to create a dialogue within the therapeutic relationship that will encourage clients to achieve personal growth, embrace their unique strengths, empower their self-compassion, and promote healing.

I prefer to not view people as labels or diagnoses alone. I believe we are made up of many attributes and a diagnosis is simply a label to identify a group of different symptoms and not the whole person. I strive to assist people in finding ways to be more equipped to handle their life stressors, whatever those are. However, I specialize in working with trauma, depression, anxiety, grief and loss, addiction, parenting issues, life transitions, relationship issues, LGBTQ, and long-standing family of origin issues.

I am a trauma-informed professional clinical counselor and registered art therapist. I am trained in traditional therapy approaches that treat many issues and have specialized training in treating trauma. I utilize an integrative approach that includes evidence-based approaches such as Cognitive Behavioral Therapy (CBT) and Attachment, Strength-based, Humanistic, Trauma Informed, Mindfulness, and Integrative theory approaches. I tailor my treatment approach according to your specific needs. My experience with mental health and addiction issues has been at all levels of care from inpatient, intensive outpatient, to outpatient clinics and private practice settings. I provide clinical services for teens and adults in the form of individual, group, and couples therapy.

GOOD READS



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Author name here

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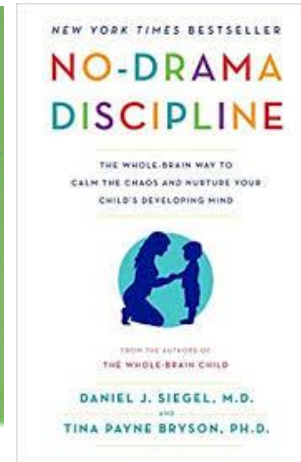
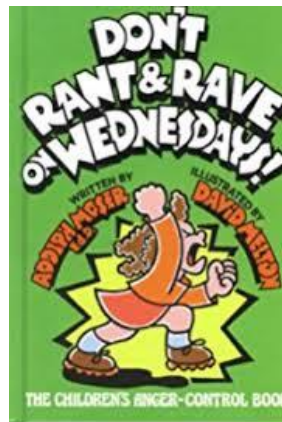
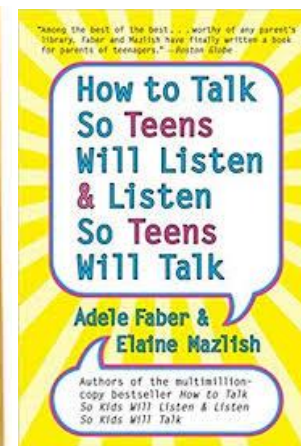
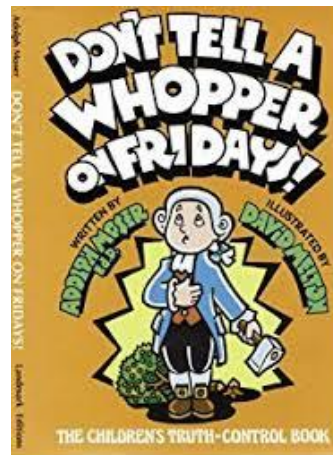
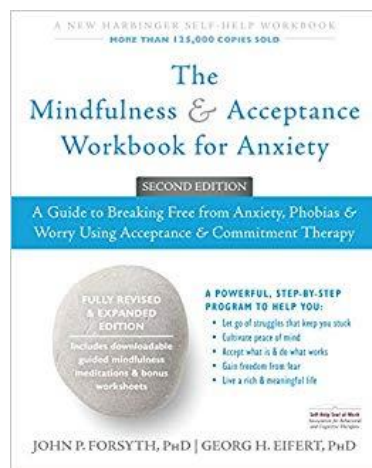
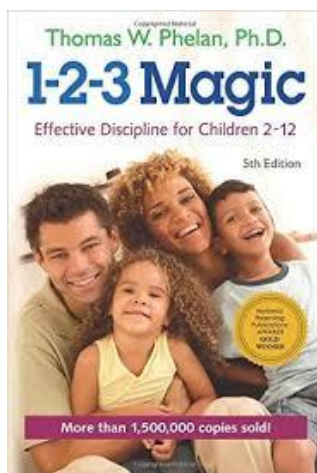
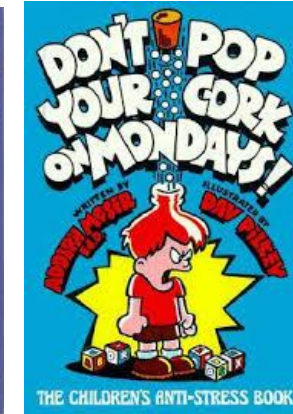
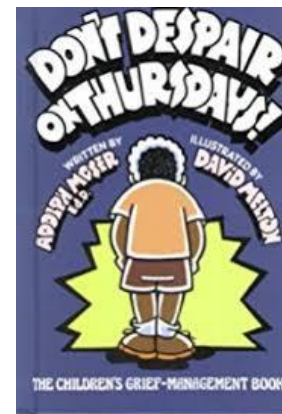
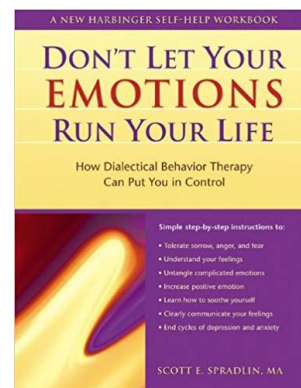
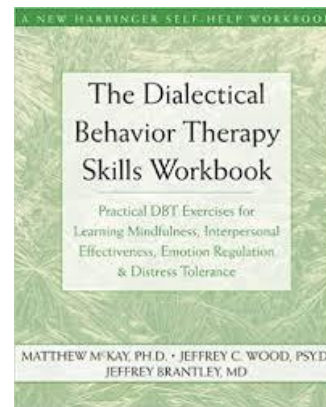
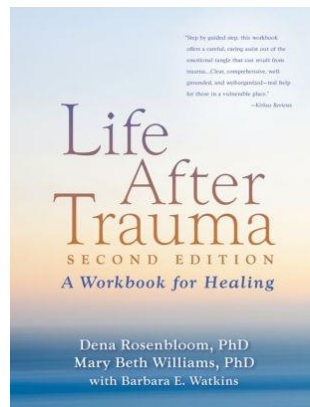


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Author name here

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voluptatem accusantium doloremque laudantium, totam
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READ MORE

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just put in the
titles



CONTACT US

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Speaking with us

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Send us a message

Please contact me for an appointment

Send

Delete the woman
watermark, we don't want
any reference to genders
anywhere



Dr. Moussavand Tranquility Center

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[Good Reads](#)
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