

About Us

VITA Counseling Partners was established by the President and Founder Mr. Bernard Mungin. His experience includes working with diverse populations in a variety of clinical settings ranging from inpatient hospital facilities to outpatient treatment clinics, substance abuse rehabilitation centers, women's transitional housing programs, and chartered schools.

Mr. Mungin is a Licensed Clinical Social Worker in the Commonwealth of Pennsylvania. He graduated from the Ohio State University with a bachelor of arts degree in humanities and a bachelor of science degree in human ecology. Thereafter, he completed his Master of Social Work degree at San Jose State University in San Jose, CA. Mr. Mungin specializes in Cognitive Behavioral Therapy and Play Therapy.

We accept major insurance providers, including Medicaid and EAP services. Please feel free to contact us to determine whether your specific counseling needs are covered by your insurance carrier.

If you are not currently covered under an insurance plan, please do not let that discourage you from utilizing our services. We offer affordable rates and payment plans for self-paying clientele.

Payments can be made by cash, personal check, debit, or major credit card (Visa, Mastercard, American Express, or Discover).

Directions

From Allentown/Bethlehem/Easton:

Take US-22 East/West to Exit 7 MacArthur Road North. Continue on PA-145 for approximately 14.6 miles until you reach the PA-145/PA-248 junction. At the traffic light, make a left and continue on PA-248 for about 1.4 miles. Take the ramp toward Palmerton and continue through the town on Delaware Avenue (1.6 miles) until you reach a fork. Stay to the left on Forest Inn Road for about 1 mile until you reach our office on the right hand side at the Fernbrook Suites.

From Lehigh/I-476:

Take exit 74 for PA-209/Interchange Road East and continue on PA-209/Interchange Road East for approximately 5.0 miles until you reach Forest Inn Road. Make a right and continue on Forest Inn Road for 3.1 miles. Our office is located on the left hand side at the Fernbrook Suites.



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fax: 610.826.8483
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**Offering Individual, Family,
and Couples Counseling**

**Serving Carbon,
Lehigh, Monroe and
Northampton counties**

Office Hours

**Mon - Thur
9am - 9pm**

**Fri
9am - 6pm**

**Sat
8am - 1pm**

tel: 610.826.VITA

Why choose VITA Counseling Partners?

Vita, means “life” in Latin.

Our mission is to help clients learn about themselves and lead them toward more productive and fulfilling lives.

VITA Counseling Partners is committed to effective client-centered and solution-focused evaluation and treatment services for managing issues of everyday life for children, adolescents, adults, couples, and families.

Although choosing to seek counseling services may cause anxiety, it is an important life experience that can bring added meaning and many positive benefits to your overall well-being. Counseling promotes opportunities for personal growth, self discovery, inner and outer peace, self-esteem improvement, and coping skills for various life challenges. Sometimes, you just need someone to listen and talk with you.

It takes courage to admit that you may need help. It takes wisdom to realize that you might not be able to resolve your issues without professional help. It takes strength to initiate contact to seek help. We congratulate you on making this important life decision to seek counseling services.

Our therapists are available to provide you with the support you may need in coping with daily stressors and challenges. VITA Counseling Partners views the counselor and clients as partners. We will work together to set counseling goals to help overcome your most complex personal hardships.

Therapeutic Approaches and Services Offered

Therapeutic Approaches

VITA Counseling Partners utilizes various therapeutic approaches designed to benefit each individual by the application of diverse education backgrounds, proven skills, and counselor expertise. Therapeutic approaches include Cognitive Behavioral Therapy, Gestalt Therapy, Psychodynamic Therapy, Play Therapy, and Family Therapy.

Feel free to ask your counselor to share their therapeutic approach with you. The more you know, the more you are empowered to ensure a successful counseling experience.

Services Offered

- Adjustment Concerns
- Alcohol, Drug and Gambling Addictions
- Anger and Anxiety Management
- Bipolar Disorder and Depression
- Chronic Mental Health Issues
- Couples Therapy
- Crisis Management
- Domestic Violence
- Educational Concerns
- Family Therapy
- Gay/Lesbian/Bisexual/Transgender Issues
- Infidelity and Relationship Problems
- Men’s Issues
- Self-Esteem, Self-Mutilation
- Sexual Issues
- Suicidal Thoughts
- Women’s Issues
- Work-related Stress

Play Therapy as a Therapeutic Tool

Play Therapy is the use of a theoretical model to establish an interpersonal process wherein play therapists use the therapeutic powers of play to help clients prevent or resolve challenges and achieve optimal growth and development. It is a form of counseling or psychotherapy that therapeutically engages the power of play to communicate with and help people, especially children, to learn how to identify and express feelings, emotions, in an appropriate social context.

According to behavioral health professionals, children will engage in play behavior in order to work through their inner most thoughts, feelings, and anxieties. Thus, play therapy can be used as a self-help mechanism, as long as children are allowed time for "free play" or "unstructured play." As a developmental milestone, play is considered to be an essential component for healthy child development and is also believed to be directly linked to positive cognitive development.

Play Therapy is often used as a tool for diagnosis. A play therapist observes a client playing with toys (play-houses, pets, dolls, etc.) to determine the cause of disturbed behavior. Objects and patterns of play, as well as the willingness to interact with the therapist, can be used to understand the underlying cause for unusual behavior, both inside and outside counseling sessions. Scientific evidence supports the value of Play Therapy in working with children and families.

For further information on Play Therapy, please visit the Association for Play Therapy website at www.a4pt.org or call 559-294-2128.