



Rebecca Meinke, MD.
Medical Director

How Does THAT Make You Feel?

By Melissa Straker MS, LPC, CCS, ACS, Clinical Director

We all know the image of the old man smoking a pipe as the frazzled patient lays on a chaise lounge chair. The patient frantically purges a litany of complaints, “My mom didn’t love me enough; My dad was never home.” The psychotherapist lets out a plume of smoke and a sterile “How did that make you feel?” This may have been

more realistic in a black-and-white era, when Freud was making all the rules. However, the modern picture is very different.

Yes, we certainly discuss feelings in therapy, but that isn’t the whole kit and caboodle. Therapy can and will take you anywhere and everywhere. It is more than feelings; it is the past, the present, and the future. Therapy involves learning more about your core belief system, your behaviors, and how these things connect.

A Therapist’s Perspective

Our culture prioritizes perfection and strength, so much so that we associate feeling vulnerable with mediocrity and weakness. This results in going through life unwilling to admit we are impacted by something or someone, collecting scars. Therapy is a place to re-socialize with our inner selves, define our experiences, and claim power over our emotions – Stefanie Reinhard MSW, LSW.

Stefanie is a Licensed Social Worker in Pennsylvania and has worked with a range of populations from adolescents to older adults experiencing various psychological, social, and relational stressors. Stefanie is committed to supporting clients’ growth using principles of solution-focused therapy and cognitive behavioral therapy (CBT) in a trusting environment that promotes self-acceptance.

The Doctor Is In

“In an era where we struggle with connection to others, therapy can be a great way to strengthen our social and interpersonal skills. Unlike social media, therapy provides a place to explore without fear of judgment or need for ‘likes’. A therapy session is a safe space to try to make sense of the world and our experiences in it.” – Dr. Meinke

Dr. Meinke is a board-certified Psychiatrist with extensive experience treating children, adolescents, and adults. Dr. Meinke has worked in every level of psychiatric care across the life span. As a strong leader of LifeBack, Dr. Meinke is especially fond of working with families and utilizing a team approach toward achieving progress. After many years as the Consulting Psychiatrist at The College of New Jersey (TCNJ), Dr. Meinke has joined the LifeBack team on a full-time basis as Medical Director.

When Friends Are Not Enough

“Therapy can be helpful because therapists are trained, non-judgmental, and empathic. When a client uses their friends or family to process their feelings, emotions, or situations that need action, they are not getting the unbiased perspective of a trained clinician. Clients feel better when they find a therapist they trust and make a commitment to themselves. Learning strategies for

copied and for self-care comes from the therapeutic relationship, which is unique and meaningful to the client’s mental health and wellness. – Marcia MacKillop, LCSW

Marcia MacKillop is a LCSW in New Jersey and Pennsylvania. Marcia works with individuals of all ages, but particularly enjoys working with teens and young adults who are adjusting to life transitions and significant traumas that have affected the family system. Marcia’s focus is derived from a holistic and systemic perspective utilizing CBT as well as acceptance and mindfulness strategies.

A Solid Foundation

LifeBack rests on a foundation of integrity and commitment. Your wellness is at the forefront of our individualized treatment approach. We focus on solutions that lead to change as we help you achieve your goals. Together, we will work to ensure that your time with us is significant and meaningful. We look forward to being part of your self-discovery, healing, and journey to getting your LifeBack!

LifeBack focuses on maintaining clinical excellence by ensuring that patient care is unique, flexible, and creative. We understand that seeking help can be intimidating. From start to finish, each member of the LifeBack team will treat you with the utmost respect and dignity. The LifeBack Clinical Team was built with a specific focus. We have deliberately recruited our clinicians and provide them with the ongoing training and development necessary to make excellent patient care the expectation.



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