

BE
KIND
TO
YOUR
MIND



Nolan Vitzthum,
MSW, LISW, RPT

Licensed Independent Social Worker
Registered Play Therapist

Education:

Bachelor of Science in Child, Adult, &
Family Services-- Iowa State University

Master of Social Work - University of
South Dakota

Graduate Certificate in Play Therapy -
University of Wyoming

Specialized Services:

Play Therapy, EMDR Therapy,
Theraplay, Parent Education and
Consultation, Gestalt Therapy,
Person Centered Therapy



YOUR ROAD
TO SUCCESS.



What is Mental Health Counseling & Therapy Services?

Mental health counseling and therapy are services to anyone seeking support with their emotional and mental well-being. Within a confidential, private, compassionate and respecting environment, you, as a client, are encouraged to discuss current and past stressors, events, and situations which may be interfering with your day-to-day life. You will establish a professional relationship with your therapist and together, we will walk alongside you in your journey to better emotional and mental health. Individual, couples and family therapy as well as parental trainings and consultations are available to help you reach your mental health goals.

You are ALWAYS our priority.

RIGHT HERE in HUMBOLDT.

Outpatient Counseling Services:

- Anger management
- Anxiety disorders
- Attention Deficit Hyperactive Disorder
- Attachment Disorders
- Depressive Disorders
- Disruptive/Impulse Control Disorders
- Divorce
- Domestic Violence
- Emotional Concerns
- LGBTQ Community
- Geriatric
- Grief and Loss
- Mood Disorders
- Oppositional Defiant Disorder
- Parenting
- Personality Disorders
- Phobias
- Physical Abuse
- Psychotic Disorder
- Rape/Sexual Assault
- Relationship Issues
- Self-Esteem
- Sexual Abuse
- Trauma/PTSD

LEARN MORE NOW!

Please call the HCMH Therapy & Counseling Office and schedule your appointment.

(515) 332-7672

For more information, visit www.humboldthospital.org



HCMH HUMBOLDT COUNTY
MEMORIAL HOSPITAL

For more information on mental health and specialized services:

counseling.org

psychologytoday.com/us

a4pt.org

emdria.org