



Meet Our Providers

Outpatient Providers

One Pollock Circle | 22001 Fairmount Boulevard | Shaker Heights, Ohio 44118
216.932.2800 | www.BellefaireJCB.org

Outpatient Providers: *Cuyahoga* - Joe Alexander *Medina* - Laural Neuman, Cheryl Abshire



Joe Alexander, Ph.D, LPCC-S
Lead Therapist Youth and
Family Counseling

Joe Alexander, Ph.D, LPCC-S is the lead outpatient provider of youth and family counseling at Bellefaire JCB's Shaker Heights location. Since 2016, his roles as therapist, clinical supervisor and Director have allowed him the opportunity to provide counseling and supervision across a wide array of clients in different programs and levels of care.

Joe holds his undergraduate degree from Ohio University, a master's degree in School Counseling from Kent State University and a Doctorate in Counselor Education and Supervision from Kent State University.

An educator and clinician for 20 years, Joe has had the privilege of working in a variety of education and mental health settings. He has enjoyed teaching at primary school and university levels and has provided counseling and profession supervision at K-12 schools and community agencies.

He specializes in serving youth ages 5-17 working through a variety of issues from depression and anxiety to family and behavioral concerns. My interests outside of counseling include sports, video games, golf, and comic books.

Availability and Location: Shaker Campus Weekday daytime, afternoon and evening hours. In-person (Shaker Campus) and telehealth options.



Laural Neuman, IMFT, LPCC
Outpatient Therapist

Laural, IMFT, LPCC is an Outpatient Therapist that works with youth from 6 through age 18, helping them navigate complex mental health and behavioral challenges to foster growth and resilience. She offers individual, family, and couples therapy using an integrative approach tailored to each client's needs, drawing on DBT, CBT and Solution-Focused Therapy and Motivational Interviewing.

Laural joined Bellefaire in 2020 and is a dual-licensed therapist holding both the Independent Marriage and Family Therapist (IMFT) and Licensed Professional Clinical Counselor (LPCC) credentials, with a Master of Education in Marriage and Family Therapy from the University of Akron. Laural focuses on depression, anxiety, ADHD, grief and loss, stages of life transitions, trauma and offers LGBTQ+ affirming care. She enjoys spending time in nature, including hiking, kayaking, and beach combing.

Availability and Location: Medina Office. Monday-Friday in person and telehealth options. Evening Hours available.



Cheryl Abshire, MA, LPCC
Outpatient Therapist

Cheryl Abshire, MA, LPCC is an Outpatient Therapist that works with youth and young adults ages 6-18 years old. She primarily utilizes CBT, DBT, Motivational Interviewing, trauma-Focused CBT, Family systems and psychoeducation in her work with clients and families. Cheryl specializes in working with individuals struggling with anxiety, depression, ADHD, trauma, and self-esteem issues. Additionally, Cheryl has expertise in the field of Autism and can work with ASD youth and young adults seeking to develop and improve social and communication skills.

Cheryl joined Bellefaire in 2017 as a school-based therapist in Wadsworth and Highland School Districts before moving to the Bellefaire outpatient setting as a provider.

Cheryl holds a MA in Clinical Counseling from Ashland Seminary as well as a MA in Religious Education with a minor in Social Work from Southwestern Seminary in Fort Worth, Texas.

In her spare time, Cheryl enjoys traveling and exploring new places, photography and reading.

Availability: Monday-Thursday 11am-9pm, In-person (Medina Office) and telehealth options.

** Repeat provider, see this page for information*

Outpatient Providers: *Summit* - Kim Eckberg, Kristen Neidert *Portage* - Kristen Neidert*



Kimberly Eckberg
Outpatient Therapist

Kimberly Eckberg, MA, LPC is an Outpatient Therapist in the Summit Regional Office and the Education Coordinator for all Bellefaire Regional locations. She holds a master's degree in counseling from Malone University.

Kimberly joined Bellefaire in 2017 as a school-based therapist at Evolve Academy in Medina. She then provided in-home therapy through the Medina and Summit offices and later transitioned to the outpatient therapy department at the Summit location. In addition to serving her clients, Kimberly oversees curriculum development for Bellefaire's Summit, Medina, Portage and Lorain locations, and has been integral in the development of a DBT-C curriculum for the child and adolescent groups program.

Kimberly provides therapy for children, adolescents, and adults. She provides therapeutic services for women struggling with Maternal Depression and has a specialization in Parent Training. Drawing primarily upon Dialectical Behavior Therapy (DBT), Kimberly supports struggling youth and families utilizing DBT, CBT, ACT, Solution-Focused and Trauma-informed care. She sees youth aged 6 through adulthood.

Outside of her clinical practice, Kimberly enjoys reading, golf, and creating resin tables and accessories.

Availability: In-person preferred, with telehealth options. Please contact Summit Admissions for inquiries.



Kristen Neidert, IMFT-S
Outpatient Therapist

Kristen Neidert, IMFT-S is an outpatient therapist at Bellefaire's Summit and Portage locations. She holds a master's degree in Marriage and Family Therapy from the University of Akron.

Kristen's first experience with Bellefaire was as a graduate intern. She joined Bellefaire full-time in 2021 as an in-home therapist with the Parents and Children Together (PACT) program, then later transitioned to Functional Family Therapy (FFT) in 2022. In addition to her outpatient clients, Kristen serves as the Clinical Supervisor of the Child and Adolescent Groups program at the Portage location.

As an IMFT-S, Kristen specializes in the treating of individuals, couples and families through a relational and systemic lens, using trauma-informed practices and integrating DBT, CBT and Solution-Focused interventions with clients and families.

Outside of clinical practice Kristen enjoys watching British Crime and Sci-Fi shows as well as spending time with family and friends.

Availability: Limited, in-person or telehealth. Please contact Summit and Portage Intake to inquire about openings