

Prometheus helps individuals, families find hope

By Bruce Lehman
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Michael Scherbinski believes in hope. The name of his counseling business, Prometheus Psychological Services, is a reflection of his desire to help families and individuals find hope.

Scherbinski has been in Fort Wayne for about six years and offers psychological assessment, individual, couples and group therapy and career counseling.

According to Greek mythology, Prometheus, the rebel Titan and the giver of fire, helps the mortals on earth, much to the anger of Zeus. As a result, Zeus chains him to a rock and punishes him with daily torture and scorn.

"Prometheus doesn't give up hope, and I think that is a powerful symbol, so I chose the



Photo by Bruce Lehman

Michael Scherbinski, Ph.D., HSPP,
Clinical Psychologist

name for the business," Scherbinski said. He pointed out that Prometheus continued to help and aid humans, even as he was chastised for caring about them in a way the gods, and especially Zeus, did not.

While Zeus was not flexible, Scherbinski is. "I will work with each person's schedule. I have evening and weekend appointments to accommodate my clients. It's also important to be flexible with payment

BUSINESS PROFILE

Prometheus

Psychological Services

6223 Constitution Dr.

Phone: 409-8188

Hours: Flexible by appointment, evenings and weekends available

Web site: www.prometheuspsych.com

plans and insurance, and I accept Medicare and Medicaid.

"However, I encourage people that know they have a need to not delay just because of money. I will work with each client based on individual situations," Scherbinski, a Michigan native, said.

With children, Scherbinski assists with in-depth assessments that help answer questions about school performance, learning disabilities and emotional disturbances.

"I work with the parent and child to develop strategies

that go beyond school behavior and that are useful at home," he said.

Scherbinski also explained that today many issues confront adults, including job loss, marital problems and addictions. "When a person loses a job, it may be the time to examine and assess a better path. We do career exploration and planning to help the individual better understand him- or herself."

A whole new area of emotional issues facing adults today is social networking websites such as Facebook and MySpace, Scherbinski offered.

"I have people coming to me because they struggle and have concerns with a partner spending time interacting with others on these sites. They can feel they are not as important and that this interaction is taking away from the relationship."