

Podcast Summary Transcript

Introduction: A First for Support for Stepdads

Gerardo:

Hello everyone! I'm Gerardo Campbell, owner and manager of Support for Stepdads. Today represents a first for the blog—our very first podcast. I'm honored to introduce someone I consider both a professional and a friend, Licensed Professional Counselor Bob Neve. Bob, let's get started. Can you tell the audience a bit about yourself and the work you do today as a therapist?

Bob Neve's Background and Early Career

Bob:

I was born and raised in Omaha, Nebraska, and later attended the University of Nebraska–Lincoln, where I earned a bachelor's degree in electrical engineering. I went to work for Boeing in Seattle in 1985 and spent about twelve years there as a senior avionics design engineer, including work on defense projects.

During that time, I made good money, made some bad personal choices, but also got good therapy. Eventually, I got clean and sober through Alcoholics Anonymous and Narcotics Anonymous. That journey became the foundation of how I later entered the helping profession.

One of my sponsors in Philadelphia asked me to sponsor a teenager in recovery. That experience—connecting deeply with someone I'd never met and helping them change their life—was eye-opening. Looking back, that was probably my first “client,” even if I didn't realize it at the time.

I've now been clean and sober for over three decades, and that transformation changed everything.

Faith, Calling, and the Decision to Become a Therapist

Bob:

Two key things shaped my direction. First, I became a Christian in 1981, which helped me leave hard drugs behind. Second, years later, while practicing prayer and meditation, I felt very clearly called to become a counselor.

Once I knew that was the path, I followed the steps—earning my Licensed Alcohol and Drug Counselor credential, completing my master’s degree, becoming a Licensed Mental Health Practitioner, and later a Licensed Independent Mental Health Practitioner. From there, I worked in treatment centers before eventually opening my own practice.

Mentors and Influences That Shaped Bob’s Practice

Bob:

I’ve been incredibly fortunate with mentors. My early sponsors in recovery had a profound influence on my life. Later, a Presbyterian minister named Stuart Baxter exposed me to Neuro-Linguistic Programming (NLP), which opened my eyes to how language, belief systems, and perception shape behavior.

I’ve also learned from leaders and thinkers such as Virginia Satir, Aaron Beck, Eric Berne, Stephen Karpman, Marsha Linehan, William Miller, and many others. Each contributed something essential to how I understand people and help them change.

Bob Neve’s Approach to Therapy

Bob:

At the core of my work is Cognitive Behavioral Therapy, but I integrate several approaches. Trauma-informed care became essential early in my career because nearly everyone I worked with had significant trauma. Addiction, trauma, depression, and anxiety are deeply interconnected.

I also use NLP, Motivational Interviewing, Dialectical Behavioral Therapy, Internal Family Systems, and Acceptance and Commitment Therapy. These tools help people understand their thoughts, emotions, behaviors, and internal conflicts—and ultimately give them freedom to choose healthier paths.

Attachment Styles and Emotional Healing

Bob:

Attachment styles are very relevant today. Most people don’t come into therapy with secure attachment. Rather than labeling people as anxious or avoidant, I focus on helping them move toward secure attachment—learning self-calming, assertiveness, and emotional safety in relationships.

What Therapy Really Is (and What It Isn't)

Bob:

A good therapist isn't trying to convince you to become someone else. A good therapist is trying to set you free from whatever enslaves you—patterns, fears, compulsions, or beliefs that no longer serve you.

Not all therapists are good therapists, and some people have been hurt by poor therapy experiences. That's why I always ask new clients about their past experiences. Therapy should not feel like passive venting. It should involve insight, education, and real tools for change.

How to Choose the Right Therapist

Bob:

The most important advice I give clients is this: trust your judgment.

If you consistently feel worse after sessions, or you don't feel safe being honest, that therapist may not be the right fit. Rapport matters more than technique. You should feel understood, respected, and able to speak freely.

Sometimes, I even tell clients when I don't believe we're the right fit—and I help them find someone else. Therapy works best when there's genuine connection.

Remote Therapy vs. In-Person Sessions

Bob:

People are far more likely to show up for remote therapy. It's accessible, flexible, and effective. While you lose some body-language cues, facial expression and tone still communicate most of what matters.

The biggest thing I miss as a former addiction counselor is being able to smell alcohol or drugs—but beyond that, remote therapy works extremely well.

How to Contact Bob Neve

Bob:

You can find me by searching my name or visiting TheClearviewCenter.com. I welcome

emails or texts, and I offer a free 5–15 minute introductory call so people can decide if I'm the right therapist for them.

Save Your Marriage: Course Overview

Bob:

My wife Sheri and I created the *Save Your Marriage* course to give couples a practical, affordable alternative to months of weekly therapy. The course includes twenty video lessons and a detailed workbook.

We focus on compatibility, communication, boundaries, conflict resolution, and maintenance. Many marital struggles come down to compulsions, values, and unmet expectations. When couples understand themselves and each other, real healing becomes possible.

Success Rates and Working With Blended Families

Bob:

Over the years, about 92% of people we worked with reported being happier after therapy. About two-thirds of marriages were saved. Others ended relationships that were unhealthy and found greater peace afterward.

Blended families are complex, but they're also beautiful. In therapy, we minimize judgment and focus on understanding, respect, and growth—because most people are already hard enough on themselves.

Closing Remarks

Gerardo:

Thank you, Bob, for sharing your story and insights. This conversation marks the beginning of what I hope will be many more podcasts for Support for Stepdads. We appreciate your feedback and thank you for listening.