



My name is Barbara Szulc, and I wanted to take this opportunity to introduce myself and to thank Fr. Brian and the Parish Council for accepting my offer to volunteer as parish counselor. I am a licensed clinical psychologist whose experience and training has included work at the FranCenter in Darien, Claret Center (St. Mary's parish in Riverside), the Chicago Lighthouse for People who are Blind or Visually Impaired, Adler Community Health Services (St. Leonard's House, North Lawndale Adult Transition Center, Heartland Health Outreach), and St. Francis Xavier in LaGrange (post-doctoral).

My faith is a gift from my parents, nurtured and sustained through catholic education, parish participation, prayer, and my experience as an associate of the Congregation of St. Joseph. As I reach the end of my career journey as CPA, I want to begin the next part of my journey by sharing my gifts with you, a faith-filled community of those dedicated to service in accordance with the gifts of the Holy Spirit.

I believe the journey to wholeness begins with relationships. Our relationships with God, self, and others are at the heart of who the Spirit calls us to be. Becoming our authentic self requires deep listening to the stirrings within our hearts. I believe every person deserves the "good life," one of meaning and purpose. When relationships bring pain, we seek healing. My approach to therapy is holistic and person-centered; I focus on relationships, social interest, and the integration of mind, body, spirit, and emotion. In counseling, I offer mindfulness meditation, visualization, prayer, and Adlerian life-style analysis as ways to foster self-understanding and encourage positive movement toward a meaningful life. **Individuals of all ages, couples or families coping with interpersonal difficulties, chronic/terminal illness, depression, job-related stress, grief, or other challenges are encouraged to explore the benefits of counseling services.** Through awareness, gratitude, acceptance and understanding, we begin the healing work, which often leads to profound change and enables us to become fully alive human beings.

If you are interested in meeting with me, please send an email to bszulc@hgaparish.org to request an appointment.

Together, with Fr. Brian and the Parish Council, we will be making plans for discussion groups, book club offerings, spiritual guidance, life-coaching, and more as we approach 2022.

May God bless you and keep you well in mind, body, and spirit!

Barbara Szulc, Clinical Psychologist