

Abigail Roos, LPC I offer mental health therapy grounded in the Catholic faith seeking to help each person flourish as a human being and in their particular vocation. My experience as a spiritual director enabled my greater understanding of the psychological blocks to spiritual growth that many encounter. I chose to become a therapist to accompany people in healing so they can more freely respond to God's movement in their lives. In my work with clients, I integrate various trauma informed and evidence-based treatments, including IFS, EMDR, and story work. I have experience treating adults in various states of life: single, married, priests, and consecrated religious, addressing symptoms of anxiety and depression; life transitions or grief; those impacted by acute, chronic, or complex trauma; and people who have experienced sexual, physical, spiritual, or emotional abuse. I offer therapy online in both English and Spanish.

Diana Rusin, LMSW In my approach to therapy, I create a safe, supportive and compassionate space, allowing for open exploration without judgment of your personal story. I work from a trauma-informed lens because I believe that symptoms are not just problems to fix, but messages that can help us understand how past experiences continue to shape your life. In addition to treating anxiety, depression and other mental health concerns, I am also passionate about childhood trauma work as well as adult children of immigrants. I utilize evidence-based practices including EMDR, IFS, CBT, and DBT-informed strategies. Together, we'll work towards building self-awareness, navigating your emotions, and processing past memories and challenges, using personalized tools and techniques to help you move forward towards integrated healing.

Fr. Jeff Dorr - SJ, MSW, LMSW Knowing that people face many different challenges which are real and incredibly difficult, my belief is that, with support, all people can experience relief, make progress, and embrace something better. My lived experience as a teacher in both middle and high school, a spiritual director, and an associate pastor, influences my approach to therapy. Believing in the dignity and goodness of all people is grounded in my Catholic faith and formation and helps me to support the integration of therapy with the Catholic faith and other religious or spiritual traditions. Utilizing different therapy approaches including CBT, DBT, ACT, and Internal Family Systems, adolescents to older adults have found support and success in working with me. I am skilled at treating general mental health issues as well as substance use disorders and addictions.

Kathleen M. Cavanaugh, LMSW, CADC I have dedicated the past two decades to supporting individuals on their journey to recovery and personal growth, employing an integrative therapeutic approach, and tailoring interventions to meet the unique needs of each client. I am proficient in CBT, DBT, and Motivational Interviewing, among other evidence-based practices, and also specialize in substance abuse evaluations for courts and the Secretary of State. By combining these modalities, I address the complex interplay between mental health and substance use, fostering resilience and sustainable change. My areas of expertise encompass anxiety, depression, trauma, and co-occurring disorders. I am committed to creating a compassionate and non-judgmental environment, empowering clients to navigate life's challenges and achieve their goals.

Jeffrey Kidder, LMSW As a mental health and substance abuse therapist, my approach to helping individuals and couples with life's challenges is person-centered. I believe in creating a safe, non-judgmental space to work and grow. Meeting each client where they are at, we work together from there to achieve goals for a happier and healthier life. My specializations include anxiety, depression, trauma, family conflict, grief, mid-life crisis, and substance abuse. As each person is unique, each modality of treatment is tailored for each individual or couple. You can expect a collaborative, supportive environment focused on you and your specific needs.

Mary Elizabeth Darling, LLPC I approach therapy with the fundamental truth that every person is created in the image and likeness of God. My goal is to meet each person where they are in light of their current stressors, while seeking to gain insight into how their previous experiences influence who they are today. All of us have a unique story that impacts how we think and feel in our day-to-day lives. Utilizing evidence-based practices such as cognitive behavioral approach (CBT), internal family systems (IFS), and some EMDR and DBT techniques, my hope is to walk with each client towards recognizing their goodness and navigating the path to flourishing. I specialize in counseling adolescents and young adults working towards processing past trauma challenges and current difficulties and concerns.