

# *Catherine DiNuzzo, MA*

## **Topics**

- MENTAL HEALTH
- MANAGING ANXIETY
- SETTING BOUNDARIES
- COPING WITH TRAUMA
- MAKING SENSE OF SUFFERING
- SELF-CARE

## **Audiences**

- RETREATS
- CONFERENCES
- MENTAL HEALTH TRAINING
- KEYNOTE
- WORKSHOPS



Catherine DiNuzzo, MA is a Licensed Professional Counselor in private practice, who also operates Sacred Heart Mental Wellness. Catherine utilizes traditional cognitive-behavioral counseling practices all through a Catholic lens. Catherine is faithful to the Magisterium and operates her practice in that same manner.

Catherine earned her Master's Degree in Counseling and Human Services from the University of Colorado-Colorado Springs. Prior to her private practice, Catherine worked for several years in both schools and in agency counseling, namely with Veterans and services such as Veterans Upward Bound and Vet Centers, working with PTSD. Catherine specializes in helping clients to overcome anxiety and depression, as well as other concerns. She has spoken internationally on the topics of mental wellness, as well as for FOCUS, EWNT, EWTN-Vatican, EWTN-Ireland, Radio Maria (and many other Catholic radio stations!), Catholic Sprouts (and many other Catholic podcasts!) and more.

Catherine and her husband, Dave, live in a small rural town in the middle of Kansas with their four amazing children.

## **Contact Us**

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## **Book Catherine**



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