

Rachel's Counselors are therapists that you may contact following the retreat experience. The individuals listed below understand the trauma of abortion and are ready to assist you professionally in your journey to healing.

Rachel's Counselors

**Sheila Shine, LCSW
1400 N. Meridian Street
Indianapolis, IN 46202
317- 236-1531**

As an employee of Catholic Charities, my services are part of an Archdiocesan/United Way effort to bring professional counseling services to individuals at every socio-economic level. Although I am located in the Catholic Center at 1400 N. Meridian in downtown Indianapolis, our services are not limited to Catholics. Our agency accepts most insurances as well as Medicaid. For those without financial resources, we set a fee based on a very reasonable sliding fee scale. Intake procedure is quite simple and is handled by our intake secretary at (317) 236-1531. She can answer all logistical questions and set up an appointment with me within a few weeks.

After receiving my MSW from the Catholic University of America in 1977, I have been involved in a variety of services from foster care of children to marriage and family counseling. I am an LCSW (Licensed Clinical Social Worker) in the state of Indiana and have completed several years of specialized training in Family Therapy and am a graduate of the Gestalt Institute of Indianapolis.

This background has allowed me to develop a strength based approach to helping clients resolve internal conflicts resulting from family of origin experiences and traumas both large and small. My special interest is working with those grieving losses. Although training has given me tools to help them, I believe that my clients have within themselves the ability to heal. My role is to accompany them on that journey. Since the abortion experience is one of the most profound secrets in the hearts of so many, I feel it an honor to share in its resolution.

**Pam Leffler, L.C.S.W.
317-809-1816 and 317- 881-5859**

I am a licensed clinical social worker. I have been in private practice for twenty years and I have worked in mental health for thirty years. I practice individual psychotherapy, marital counseling and family counseling. I am not currently facilitating group therapy but I have years of experience in this

modality. I used to be certified in addictions and developed an addictions program at a mental health center. I have worked extensively with personality disorders, individuals from traumatized childhoods and addictive family systems.

During my years of experience, I have come to the conclusion that a person cannot truly heal without coming to know our Lord and begin to experience His mercy and healing love. I have begun to apply Christian counseling according to biblical truths in my practice. I practice long term therapy, helping the client to understand their issues or what has happened to them with the ultimate goal of forgiveness of those that hurt them. The therapeutic atmosphere is one of understanding, acceptance and accountability.

Post abortive therapy has become a special interest of mine because of the tremendous pain that women and men endure because of it. The pain, however, is an erosion of our values and respect for life. It is hurting humanity on the most basic level. The healing from abortion not only helps the women who have been victims of this but it will ultimately heal our society. I specifically focus on the context in which the decision was made, understanding the symptoms that follow, forgiveness of self and the mercy of God. Taken from Rachael's Companions and Rachael's Vineyard, I help the victim of abortion develop a relationship with the aborted child.

My hours are flexible. I have an office in my home in Greenwood and, if necessary, I will slide fees so that the client is able to afford therapy. My sessions are one hour and I charge \$75.00 per session. Some insurance covers me but I am an out of network therapist. I do not leave my clients until therapy is finished, so I will see them for free if their circumstances change. My phone numbers are 809-1816 and 881-5859. Interested clients may also reach me by email at pjleffler@sbcglobal.net.

**[Peter T. Malinoski, Ph.D., HSPP](mailto:pjleffler@sbcglobal.net)
[Malinoski Psychological Services, PSC](mailto:pjleffler@sbcglobal.net)
[3560 Five Points Road](mailto:pjleffler@sbcglobal.net)
[Indianapolis, IN 46239](mailto:pjleffler@sbcglobal.net)
[317-536-5482](mailto:pjleffler@sbcglobal.net)**

I am a clinical psychologist in solo private practice on the southeast side of Indianapolis. Psychological assessment and short- and long-term treatment of individuals with personality disorders are my primary concentrations. In treatment, I particularly focus on the psychological obstacles the person faces in being able to receive authentic love from others, and in being able to love more freely. I particularly emphasize how ignorance and fear of authentic intimacy can lead to psychological problems. I am a depth psychologist, so I focus resolving the root causes of disorder, not just on symptom relief. Thus,

therapy with me is demanding because there is no way to avoid the suffering that addressing the core problems requires. Thus, it's not for those who are not willing to make significant sacrifices. However, gentleness is also very important in this process, as is maintaining a sustainable pace. I take my cues on where the work should go from the patient - as the patient's defenses open up in his or her relationship with me, more of what is unconscious can enter into awareness, and be seen, heard and understood. Then the person's intellect and will can be engaged in the process of healing through grace.

My practice is based on an orthodox and traditional Catholic understanding of philosophy, theology, and anthropology. Research shows that patients' values tend to become more similar to their therapists' values over time, and the work of therapy should aid individuals in developing a closer relationship with God. I am a member of the Society of Catholic Social Scientists, and contribute to the work on integrating the practice of psychology with what we know by Divine Revelation. I maintain a position, based in natural law, of supporting patients' own search for what is good, true, and beautiful while respecting their dignity and their freedom of conscience. Thus, I can and do work with some patients who are not Catholic.

In working with those impacted by abortion, I focus on increasing understanding the context in which the abortion occurred. Frequently, intense fear of abandonment, dependency, lack of boundaries, interpersonal pressure, confusion, emotional instability, dissociation, psychological "numbness" and many other factors contribute to the decision to abort, compromising the intellect and the will. I work with the guilt, shame and issues around sexuality associated with abortion.

I work with individuals aged 14 and older, married couples, families, engaged couples, and dating couples. Session length varies from 45 minutes to 90 minutes, depending on the situation. My regular fees are \$140 per 45-minute clinical unit. I do sliding-fee scales for individuals who are in financial need. I will not file insurance claims for patients, but I will provide necessary documents for patients who want to file their own insurance claims and deal with their own insurers directly.

My office is in a wing of my house, and is quite private. I answer my own phones, and handle all of my own scheduling and arrangements. Appointments are on Mondays, Wednesdays, Thursdays, Fridays starting at 6:30 AM and usually ending about 5:30 PM. I am usually not in the office between 11:00 AM and 1:30 PM. Occasionally I will have appointments on Saturdays. I carry a cell phone and am usually available 24/7 for emergency calls. When I am not available, a Catholic counselor covers my emergency calls. People who may be interested in seeking services from can call me for more information prior to scheduling an appointment.

Sharon Carl, MSW, LCSW
317-374-8796

I am a licensed clinical social worker. I have provided counseling in a variety of agency settings with children and adults. I have worked with individuals of various races and religions. My current employment is a social work position that does not involve counseling, but requires a significant amount of listening ability and making assessments from the information gathered. I serve in a volunteer capacity as a therapist for Project Rachel for Rachel's Companions and Rachel's Vineyard Retreats, and am blessed to be a part of this ministry. Through Project Rachel, I see how great and awesome is the healing power of our God. I am a member of the Catholic Social Workers National Association. I am a Catholic who is faithful to the teachings of the Catholic Church.

As a clinical social worker, I work with individuals to enable them to view themselves and their life situations in order for them to see they are capable individuals and people of value. There is a focus on normalization of feelings and learning new coping skills. The counseling services I provide will include a Scriptural component and focus on the love of God. I am open to praying with my clients if they are comfortable with prayer being a part of the counseling.

Appointments will be at the Archbishop O'Meara Catholic Center located at 1400 N. Meridian Street, Indianapolis, in the evening. My earliest appointment will be 6:30 p.m. I will not be submitting information from insurance coverage; therefore, my fee will be \$45.00 for a fifty minute session. I can be reached at 317-374-8796.

John Cadwallader, MA, LMHC
317-437-8413

I am a mental health counselor in private practice on the Southside of Indianapolis. My practice works primarily with individuals, but also with couples and families. Integration of the ideology and beliefs of the Catholic Church is an important part of my work with patients. Individuals do not need to be Catholic to work with me; however, I have found that these truths are universal.

The clinical work that I do with people may occur for a long or short term basis depending on the need and the situation. Psychological assessment is an additional service that may be utilized to aid in case conceptualization, diagnosing, and treatment planning for patients.

I view people as being nuanced and unique which requires a level of depth work that is not traditionally offered by some modalities of mental health counseling. This approach allows access to deeper issues that exist in one's character structure. These needs are often the source of psychological symptoms and suffering. Treatment has a significant focus on understanding the inner conflicts that affect relationships with God, self, and others.

Abortion has a significant impact on the lives of all affected and I work collaboratively with patients during this difficult point in their life. The effects of abortion is not limited exclusively to the post-abortive person, but may also affects spouses, families, and significant others. Treatment may be focused on understanding and exploring conflicts in the following areas: suffering that existed before and following the abortion, feelings of loss and confusion, emotional instability, changes in relationships, psychological defenses, and experiences of alienation.

I work with individuals that are ages sixteen years and older. My standard fees are \$200.00 for a ninety minute clinical intake session and \$90.00 per forty-five minute counseling session. The ability for patients to pay the full fee should not be an obstacle to treatment and I offer a sliding fee scale for patients in financial need. If psychological assessment is indicated, these fees will be discussed after a clinical intake session. I do not accept insurance, but will assist individuals with the necessary documentation should they choose to file on their own.

Individuals that are interested in working with me and would like more information about my practice may reach me by telephone at (317) 437-8413. I schedule appointments Monday through Friday from 8:00 to 5:00 PM. My practice is located at: 537 Turtle Creek South Drive, Suite 14, Unit E Indianapolis, IN 46217 which is just south of 465 on US 31/ South East Street.

Peggy York-Garcia MA LSW
631 N. College Ave.
Bloomington, IN 47404
812-332-1262

I am a Master's level therapist (since 1982) and a Licensed Social Worker, working with Catholic Charities in Bloomington, Indiana.

Services at Catholic Charities Bloomington are provided on an outpatient basis based on the client's ability to pay (sliding fee scale) . Services include individual, couple, and family counseling to all ages. Catholic Charities Bloomington is committed to enhancing the availability of quality mental health services in the communities it serves.

In addition to seeing people in the Bloomington office, I see people at St. Agnes Church in Nashville and at St. Vincent De Paul Church in Bedford.

I have been involved with Project Rachel since 2006 both with the Rachel's Vineyard Retreats and with Rachel's Network. Although, I have counseled people with Post Traumatic Stress Disorder for a number of years, since my involvement with the Rachel's Vineyard Retreats, I have been impressed with the special effectiveness of the retreat format for alleviating the PTSD symptoms of Post Abortion Syndrome.

In addition to the retreats and the monthly meetings of Rachel's Network, I have seen people individually and as couples. This is particularly helpful for individuals who are also dealing with depression, eating disorders, substance abuse issues and/or marital difficulties that often accompany the trauma symptoms of Post Abortion Syndrome.

Claudia Dominik , MSW, LCSW
Catholic Charities
113 n Chestnut St
Seymour, IN 47274
812-522-4719

I have been involved with Rachel's Vineyard Retreat and Support group and I am keenly aware of the trauma, pain and grief that can engulf a person who may have chosen to have an abortion. I work with both children and adults. The focus of my work is relationship based. I believe that many of the difficulties that we face in this world are due to some problem with relationships either with ourselves, our friends and family, or our God. In order to heal we need to look at all three of these areas of our lives. I am a Roman Catholic and have a good knowledge of the Roman Catholic Religion. I am also willing and able to understand other's spiritual beliefs systems and work within the confines of their beliefs.

My practice is through Catholic Charities Bloomington although I am located in Seymour IN. The Seymour office is open on Wednesdays however appointments can be scheduled at other times during the week and on Saturday. Appointments can be made by calling 812-522-4719. Catholic Charities works with people who are in need of counseling services regardless of their religious beliefs. Catholic Charities Bloomington provides a sliding scale to any who are in need. We are also providers for many insurance companies and also Catholic Charities Bloomington's Mission Statement is as follows: *Catholic Charities Bloomington is dedicated to the enhancement of the dignity and functioning for all persons in the community at large through education, social service delivery and advocacy. We are especially committed to working within our communities to remove barriers that block the quality of life for the poor, the disabled or for persons marginalized by our society in any way.*

Pauline Kattady, MA, MHC

I am a mental health counselor, currently working with a practice that deals with older adults residing at skilled nursing facilities. My approach with this population primarily involves various aspects of Interpersonal, Supportive, and Existential Therapy. In addition, I work as a counselor for Project Rachel. My training has given me the opportunity to work with clients from diverse ethnic and social backgrounds, cultures, religions, and socioeconomic statuses. I am a practicing Catholic; therefore, I believe in integrating the Catholic Church's teachings in my work with individuals.

Women and men who have experienced an abortion are indeed dealing with grief that is forbidden from healing, given today's relationship demands and ever-changing world. Post Abortion Syndrome is a reality that can have a significant impact in the life of an individual. Guilt, depression, anxiety, and other interpersonal disruptions are a few of the areas I work on with this population. My aim is to provide hope and support during this time of suffering, and help the individual understand the merciful and compassionate love of God. I facilitate the individual in processing this revelation; enabling them to arrive at a deeper understanding of self, while healing with God. I have been fortunate to be part of the Rachel Vineyard Retreats in 2010 and have found it to be a great venue to begin this journey of healing.

Appointments for counseling can be made on Wednesdays and Saturdays between 9:00 AM and 4:00 PM. I do not accept insurance; therefore, my fee will be \$50.00 for an hour. I can be reached by email at pkattady@gmail.com.