



About the facilitator

Dr. Janusz Wrobel

PhD, LLP, LPC

has served as a psychotherapist with Catholic Charities of Southeast Michigan since 2008. His expertise in mental health counseling with adolescents and adults includes therapy for anxiety, depression, substance abuse, and self-esteem issues. Dr. Wrobel also

works with couples, facilitates family and marital therapy, offers immigrant stress support, and provides Christian counseling.

His treatment philosophy is based on his belief that genetic predisposition is not a destiny but is a risk. "I believe in the freedom to shape our fate and that we have the power of refusing to be a toy of fate," said Wrobel. "One's responsibility for choices, heroism of admitting mistakes, and wisdom of learning from those mistakes creates the basic ingredients of apt use of the freedom given us by God. Our weaknesses are not our destiny – the boldness of overcoming them is."

Dr. Wrobel's professional history includes serving with the IMPACT Employee Assistance Work/Life Program, Evergreen Counseling, Change Is Possible Counseling Services, North Suburban Counseling Associates, Oakland University Graham Counseling Center, Polish Psychological Clinic, Metro Medical Practice, and Balance and Harmony Counseling.

Dr. Wrobel is the author of ***Contact: The Tale of Human Longing for Fulfilling Communication*** and ***Language and Schizophrenia***.