

MENTAL WELLNESS MINISTRY

— *at Our Lady of the Fields* —

Sarah Portner, LMSW, MWM Intake Coordinator, is thrilled to have joined the Mental Wellness Ministry team as a therapist in Summer 2019.

Sarah studied Social Work and Communications at the Catholic University of America. Completing BSW and MSW degrees at the National Catholic School of Social Service continues to ground Sarah in theory and practice as she uses a holistic approach to therapy in serving individuals and couples.

Anchored by faith, Sarah integrates her background of working in various settings - Crisis Pregnancy Support Organizations [Pregnancy Center, Adoption Agency, Maternity Home, & Long-term Support environments], College Student & Youth Ministry, K-12 Student Education and Mentorship - to further shape her work.

Sarah and her husband are grateful to be a part of the Sacred Heart Church community in Bowie, MD. Sarah enjoys spending quality time with loved ones, pursuing her passion for health & fitness, music, and baking treats inspired by her Irish heritage.

Primary areas of focus: anxiety, depression, trauma recovery, role/life adjustment, marriage preparation, healthy communication & attachment

To reach Sarah: mentalwellness.olf.portner@gmail.com

Jennifer Brinker, LCSW-C, currently serves as the Director of Client Services for the Pregnancy Clinic Ministry where she trains and supervises volunteers as well as heads up the post-abortion healing ministry. She is especially happy to be able to offer clinical services as a therapist to the recently expanded Mental Wellness Ministry here at Our Lady of the Fields.

Jennifer earned her Bachelor of Science degree from Villanova University and her MSW from the University of Maryland School of Social Work, where she specialized in services to families and children. Following her graduation, Jennifer worked as a Psychotherapist for Villa Maria's Therapeutic After School Program and their school-based out-patient clinic. She is currently a Maryland Social Work Board approved clinical supervisor and has additionally presented workshops related to post-abortion healing at both national social work and crisis pregnancy center conferences.

Working with the Mental Wellness Ministry happily enables Jennifer to serve the whole person by integrating her professional training and experience with the beauty and richness of the Catholic faith in this clinical capacity. She is excited for the possibility to help bring healing and wholeness to individuals and families through her work here at Our Lady of the Fields.

Jennifer has been a parishioner at Our Lady of the Fields since 1997 and has been involved in various ministries throughout the years. Currently she serves as a member of the youth ministry adult core team.

Primary areas of focus: behavioral and emotional issues in children, parenting, family therapy, couples therapy, post-abortion healing

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Susan Harvey, LCPC, is excited about the creation of a Mental Wellness Ministry at Our Lady of the Fields and the expansion that is underway.

She earned her Master of Science in Pastoral Counseling from Loyola University Maryland and her Bachelor of Science degree from the University of Baltimore.

Susan brings six years of experience as a licensed Counselor and Pastoral Counselor. She brings over sixteen years of experience as a bereavement seminar facilitator and counselor. Susan has clinical experience with grief and loss, crisis intervention and trauma, and addiction recovery work. In addition, she has worked with military personnel, and couples preparing for marriage. Susan works primarily with adults, older adolescents, and couples.

Susan is certified as a field traumatologist through the Green Cross Academy of Traumatology. Additionally, she has been trained in Eye Movement and Desensitization and Reprocessing (EMDR). Her therapeutic orientations include cognitive-behavioral therapy (CBT), rational emotive behavioral therapy (REBT), solution focused therapy (SFT), and Adlerian therapy. Susan believes a person is mind, body and soul and thus finds spirituality an important and integrated part of any counseling process.

Primary areas of focus: trauma, loss, bereavement, coping and relationship issues, anxiety, depression, addiction recovery

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