

DEPRESSION, GRIEF, and ADOLESCENCE

By Paul Seixas, Ed. D.

Nearly two years ago Fr. Bosque approached me to inquire as to my interest in providing a ministry of psychotherapy to the members of our community. I immediately said yes. As a Marriage and Family therapist and a counselor at Jesuit High School, I have long believed that the context of a loving and faith-filled community was the ideal place for the healing of heart, mind, and soul. Together, Fr. Bosque and I have worked to develop this ministry that includes sacramental preparation for engaged couples and psychotherapy for adults and adolescent individuals, and couples at St. Joseph Parish.

Teenagers are of particular concern for me as I have spent 35 years in Catholic secondary education working with them as a counselor and theology teacher.