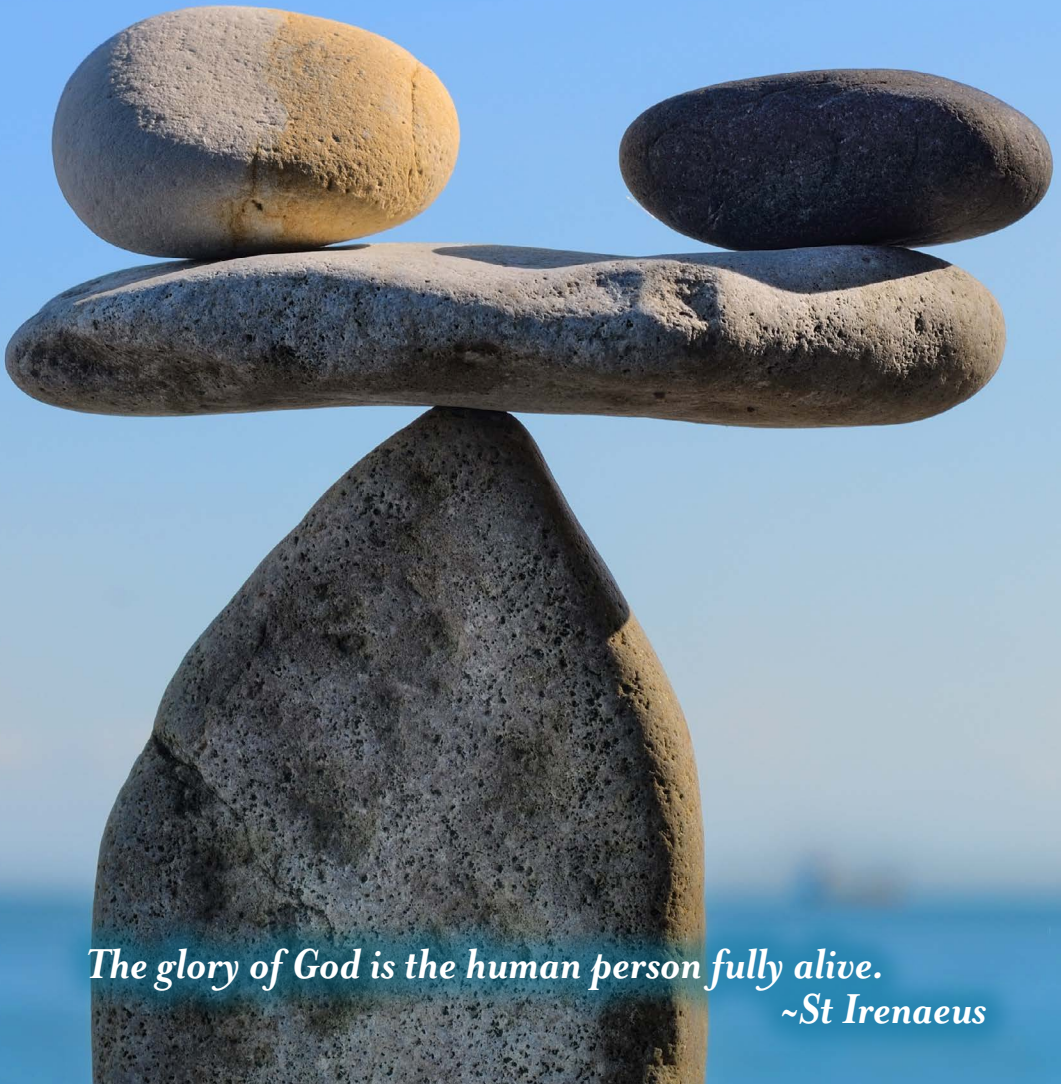




SAINT LUKE INSTITUTE

OUTPATIENT SERVICES

PSYCHOTHERAPY | SPIRITUAL DIRECTION



The glory of God is the human person fully alive.
~St Irenaeus

PSYCHOTHERAPY

Saint Luke Institute offers both in-person and virtual therapy for the laity, clergy, and religious to assist individuals in navigating the struggles of everyday life. We are experienced in treating addiction, ADHD, anxiety and stress, burnout, depression and other mood disorders, relationship problems, and issues around self-esteem, life transitions, grief, and trauma.

Outpatient therapy is conducted by our experienced team of licensed psychologists, social workers, and professional counselors who understand the values and concerns of clergy, religious, and laypeople.

Individual therapy begins with an initial interview to assess a client's concerns. Then, a treatment plan is developed that guides the client and therapist in mutually defining and achieving one's particular goals. In some situations, clients may be recommended for more comprehensive evaluations or treatment. We also have a psychiatrist on staff who is available to prescribe medication when appropriate.

GROUP THERAPY

We are open to conducting in-person group therapy for women religious only, clergy or religious men only, or in a co-ed format as interests and needs arise. Group therapy offers an opportunity to explore and better understand the perceptions and assumptions one holds about themselves and others.

By exploring one's personal style of relating, one learns and grows within the group building skills for improved relationships with family, community members, friends, and co-workers.





SPIRITUAL DIRECTION

Spiritual direction assists clients in integrating psychological and emotional growth into their own spiritual development. In each session, directees are encouraged to initiate conversation about their spiritual experiences, prayer, desires, concerns or struggles as these arise out of the very real context of their daily lives. The directee and director then reflect on these together. Clients are also welcome to bring particular spiritual concerns such as prayer, discernment, or grief.

Our staff consists of well-trained spiritual directors with extensive experience in helping our clients explore how God is at work in their lives, listening for the voice of the Spirit, discerning life choices, and growing toward greater wholeness.



SAINT LUKE INSTITUTE

Fostering healthy ministers for a vibrant Church

COST

We are committed to providing excellent care at a reasonable cost and will assist you with filing insurance claims. Clergy and religious are never denied services based on an inability to pay.

LEARN MORE



LOCATIONS

Saint Luke Institute

8380 Colesville Road
Suite 300

Silver Spring, MD 20910
301.445.7970

Saint Luke Center

9400 Williamsburg Plaza
Suite 300

Louisville, KY 40222
502.632.2471

Saint Luke Center

1300 York Road
Suite 140A

Lutherville-Timonium, MD 21093
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Saint Luke Institute is accredited by The Joint Commission.