

St. Joseph's Parish

& St. Vincent de Paul Mission

9961 Elk Grove-Florin Road • Elk Grove, California 95624 • 916 685-3681

Counseling Resource

Dear Friends of St. Joseph's Parish,

Many of you would know me as the “guy with the guitar” at the 11:00 Mass. Indeed, I have served as “that guy” for over 22 years, praising God and hoping to inspire you to do the same! As so often happens when you give, I have received so much more in this music ministry than I have given. I am most especially graced by our wonderful choir, who blesses you too in their dedication and faith witness.

What you may not know is that I have been involved with full-time ministry in the church for all of my adult life. With a graduate degree in Theology from St. Mary's College and another in Counseling from California State University, Hayward, I have served as a Catholic high school educator and counselor, and as a psychotherapist in private practice, for over 33 years. In fact, Fr. Bosque and I began our theology training together at St. Joseph's Minor Seminary in Mountain View.

In many discussions about our formation as joyful and fulfilled Christians, and in our witness together as a parish community, I wanted to develop a critical area of service, one offering help in counseling services, spiritual direction, and education for those among us who may have such needs. I am grateful to the parish and Fr. Bosque for allowing me to offering this ministry to those in need.

My service to you as a psychotherapist/counselor will be offered in the context of a caring environment, sensitive to our shared faith as Catholic Christians, and conducted in the familiar surroundings of our own church by someone well known to many. I offer such care according to the highest professional standards of practice and confidentiality. This ministry will give attention to the following areas: *couples counseling and marriage preparation, individual therapy (depression, relationship issues, anxiety, anger management, personal growth, and substance/alcohol abuse), spiritual direction, and education.*

Appropriate referrals for other needs, or more intense psychotherapy, will also be made. At this time these services will be available to adults, young adults, and adolescents, with limited appointments reserved for late afternoons and early evenings. A sliding scale fee of \$50 - \$100 per session is requested based on demonstrated income, but consideration will be made for those with acute financial needs as well. It is my hope that we will eventually engage other therapists who will offer an even wider range of therapeutic services and availability in this ministry.

For more information, please call me at (916) 616-1800, or e-mail me at: seishasp@jhssac.org

In anticipation of serving you, I am sincerely yours in Christ,

Paul C. Seishas, M.A., M.S.
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