

Recommended Counselors

Patrick Coffey

Patrick Coffey specializes in Marital Counseling by providing Biblical, Cognitive and practical counseling for couples struggling in their marriage or just looking for a tune-up. With a focus on Scripture's standards, combined with an understanding of the cultural pressures facing married couples, Patrick relies on Jesus' promise from the Book of Revelation 21:5 (NASB) *"And He who sits on the throne said, "Behold, I am making all things new." And He said, "Write, for these words are faithful and true."* Patrick's education includes a Master of Arts in Clinical and Pastoral Counseling from Ashland Theological Seminary. Other counseling experiences include family relationships, anxiety, depression, addiction, religious cults and careers.



David Grabowski, LCSW

David Grabowski is currently the Director of Outpatient Services/Commercial Insurance Development for Wesley Spectrum Services, overseeing the operations of a multitude of Outpatient Mental Health including an Autism Specific Outpatient Location. He also currently runs his own successful Private Practice in the South Hills of Pittsburgh, PA. David is a Certified Christian Counselor through the American Association of Christian Counselors (AACC), specializing in working with Children and Adolescents and their families with a variety of behavioral, emotional, and social concerns. These concerns include: anger management, school and social anxiety, depression, bullying, and drug and alcohol issues. He also specializes in working with adult males around marital/relationship issues, anger management, drug and alcohol issues, other addiction issues, as well as depression and anxiety concerns.



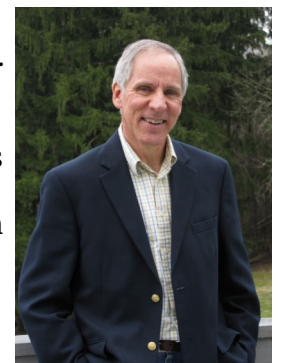
Jen Hass

Jen is a licensed professional counselor, national certified counselor, and certified advanced alcohol and drug counselor in the state of Pennsylvania. She obtained her masters degree from California University of Pennsylvania and her bachelor's degree from Waynesburg University. She has worked with adolescents, adults, children, families, and couples helping them to overcome challenging issues including but not limited to depression, anxiety, stress, addiction, substance use/chemical dependence, trauma/PTSD, and other mental health diagnosis. Jen enjoys incorporating her educational training and clinical experience with Biblical truth to help people find freedom and peace through their identify in Christ. Jen primarily uses the cognitive behavioral therapy theory while incorporating prayer and scripture with clients who are open and willing to it. She believes in building a therapeutic relationship with clients providing them with a supportive, compassionate, non-judgmental environment. Jen feels especially called to work with women and adolescents and finds it a privilege to journey with people as they face various challenges of life.



Daniel McHugh

Dan transitioned into the counseling profession in 2014 after working for decades in technical and IT positions in research, service, and management for large corporations. Prior to becoming a counselor by vocation, Dan was trained and ministered in lay counseling through his church for over 20 years. Dan holds a Masters in Counseling degree with a marriage and family focus from Geneva College. He obtained a bachelor's degree in Psychology from Liberty University. He also holds a certification in Pre-marital Counseling from the American Association of Christian Counselors (AACC). Dan views people holistically (spiritual, physical, emotional, social, and intellectual) and as created in God's image—although marred by sin and the effects of sin. He counts it a privilege to be a catalyst, by God's grace, for healing, redemption, change, and growth in the lives of individuals, couples, and families. Dan is a life-long resident of the Pittsburgh area and lives with his wife, Donna, in the South Hills.



Recommended Counselors

Donna McHugh

Donna McHugh earned her master's degree in professional counseling from Liberty University and bachelor's degree in Psychology from Point Park University. She has been providing counseling services to adult individuals and couples since 2000. Along with her husband, Donna also works with the "Couples to Couples" program at Allegheny Center Alliance Church, providing premarital counseling since that same year. Clients generally will seek her help in dealing with relational or personal struggles, which may include: anxiety/stress, depression, grief/loss, co-dependency, anger, abuse, spiritual concerns, poor self-image, and relationships (including premarital counsel). Prayer and the Word of God are integral parts of Donna's work with her clients as she partners with the Holy Spirit to minister healing and hope to hurting people.



Thomas Nowak

Thomas received his Bachelors in Social Work from the University of Pittsburgh in 1989, and his Masters in Counseling from the Christian graduate school Regent University in 1994. His training and experience qualify him to provide counseling and psychotherapy for individuals, couples, and groups. His approach to counseling involves creating a collaborative effort in a safe environment for you to set goals and process the issues that you want to discuss and resolve. Thomas says: *"People recover from struggles with anxiety, depression, addictions, and relationship conflicts when they discover alternative ways to approach situations, clarify what they truly value and believe, and find the courage to change or to grieve and accept what they cannot change. Discussing your spiritual life and the use of Christian expressions of faith can be powerful and meaningful. Spiritual interventions, such as applying principles from Scripture, and prayer, will only be used if you agree to and are comfortable with them."*



Karen Pash

Karen Pash has a Masters of Arts in Counseling Psychology/ with Christian Counseling Track from Waynesburg University and a Bachelor of Science in Psychology – Indiana University, Bloomington, Indiana. She offers counseling through a Cognitive Behavior Therapy approach. She works with female teens as well as adults and provides couples' therapy. Karen specializes in many areas including: anxiety, depression, anger management, relationship restoration, co-dependency, attachment styles and self-mutilation issues.

