

## **Meet your new SFX Parish Counselor through the Claret Center**

*We are living through unprecedented times. Losses and dislocations abound, threatening our overall sense of identity, agency, and belonging. Time feels shapeless. Through all this, we are doing our best to live lives of meaning, courage, and faith.*

My name is [Lolan P. Adan](#), and as your new parish counselor working through the [Claret Center](#), I look forward to attending to the mental health needs of the [St. Francis Xavier](#) community.

Born in Manila, I moved to Brooklyn as a child. Upon receiving a *B.A. in Ethics, Politics & Economics* from Yale University, I spent over two decades pursuing a career on Wall Street. After a period of intense discernment, I executed a life pivot, eventually moving to Chicago to begin a new chapter focused on therapy and counseling. I earned a *Master of Arts in Pastoral Counseling* from Loyola University Chicago's Institute of Pastoral Studies and completed my counseling internship at The Replogle Center for Counseling and Well-Being in downtown Chicago.

Enriched by decades of client-driven work, I have more recently accompanied clients with anxiety, depression, and adjustment challenges, incorporating mainly person-centered, existentialist, and ACT modalities in my therapeutic approach.

**If you are curious about self-exploration, need help managing your mood and anxiety, long for a quiet and safe space, or feel the need to recalibrate, consider reaching out to me at (442) 264-7589 or [lolanadan@gmail.com](mailto:lolanadan@gmail.com).**

**I aspire to accompany you as you navigate challenges and celebrate triumphs with intention, grace, and hope.**

*At this time, our counseling sessions will be virtual/online.*

Video format: <https://youtu.be/Fisg-SrOcVM>.

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**Lolan P. Adan, MAPC**

*Parish Counselor*

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*(Under supervisor IL license # 071-005991)*

SFX Intro: <https://youtu.be/Fisg-SrOcVM>