

BIOGRAPHY FOR CATHERINE DINUZZO

SHORTER BIO:

Catherine DiNuzzo is a Catholic speaker, author, and Licensed Professional Counselor in private practice. She operates Sacred Heart Mental Wellness, a website offering mental health information, resources, assessments, and videos for Catholics seeking to live a mentally fit lifestyle.

Catherine is the author of the bestselling book “The Catholic Guide Through Anxiety”. To strengthen the effectiveness of the content in her book, Catherine produced the “Companion Workbook” as a hands-on supplement to walk her readers through the difficult work on the journey toward mental wellness.

Catherine has been traveling internationally for over 20 years to speak and train on mental wellness, anxiety, relationships, boundaries, and more, and has been featured on EWTN (USA, Vatican, and Ireland), FOCUS, Blessed is She, numerous Catholic radio and podcasts, and in print articles.

Catherine and her husband, Deacon Dave, live in Kansas with their four amazing teenage children.

LONGER BIO:

Catherine DiNuzzo is a Catholic wife, mother, author, speaker, and Licensed Professional Counselor in private practice who also operates Sacred Heart Mental Wellness, a website offering mental health information, resources, assessments, and videos for Catholics seeking to live a mentally fit lifestyle. Catherine utilizes traditional cognitive-behavioral counseling techniques - all through a Catholic lens - specifically on the topics of mental wellness, anxiety, relationships, boundaries, and more. (Visit her website to learn more - SacredHeartMentalWellness.com.)

Catherine claims to have the best job in the world - helping people know that they are unbelievably loved and valued by God and helping them work through the areas of their lives that make that truth hard to believe. Her approach to the therapy she offers to individuals, the style in which she delivers talks and trainings, and the content she provides all stem from the reality that God made us good and that people deserve not only to know that, but to live it out because it's true!

Catherine wrote the highly-rated, bestselling book “The Catholic Guide Through Anxiety” as a tool for Catholics, whether they struggle with anxiety themselves or want to know how to support their loved ones who do. The book is simple (not overly academic), yet it offers empowering information, teaching readers the basics of what naturally happens in the body when the anxious response is sparked and providing strategies, tools, and methods to overcome their anxiety. Readers praise Catherine for finally providing the resource they've been looking for and needing so badly. To strengthen the effectiveness of the content in her book, Catherine produced the “Companion Workbook” as a hands-on supplement to walk her readers through the difficult work on the journey toward mental wellness, as if they were reading it right alongside a good counselor.

Catherine earned her Master's Degree in Counseling and Human Services in 2006 from the University of Colorado - Colorado Springs, and has practiced ever since. She has been traveling internationally for over 20 years to speak and train on mental wellness, anxiety, relationships, boundaries, and more. Catherine has been featured on EWTN (USA, Vatican, and Ireland), Women of Grace, Blessed is She, countless Catholic radio shows and podcasts, and in print articles from local publications to worldwide websites, blogs, and international newspapers. Catherine is available for interviews, speaking engagements, or training at your parish, campus, school, conference, retreat, diocese, or group.

One diocesan director was recently quoted as saying, “*Catherine not only communicated that faith and mental health can coexist, but that the Catholic faith is perfectly able to sustain and complement our human experiences. All of these messages were delivered in compassionate, faith-centered language accessible to audiences of all ages and backgrounds. Additionally, Catherine and Deacon Dave were so easy to work with throughout the planning and execution process. It was a true blessing to have Catherine speak for our Diocesan event, and I would not hesitate to welcome her back and recommend her to any parish, ministry, or Diocese looking to connect faith and mental wellness.*”

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