

# COUNSELING

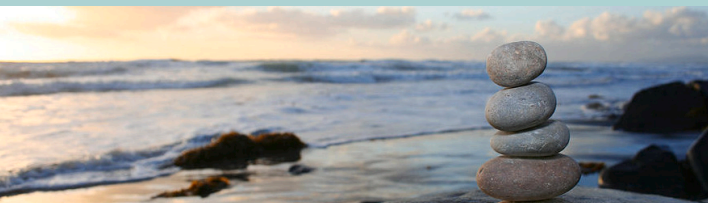


**I have the privilege of providing counseling, consultation, and spiritual direction to our St. Luke's community.** I welcome individuals, couples and families and I'm honored to be present with you as together, we identify

creative strategies for your enriched emotional, psychological, and spiritual health. My approach is individualized emphasizing respect and compassion.

I practice with an integrated, strengths-based perspective and honor your innate capacity for enhanced wellness. I believe in the healing power of listening, care for the whole person, and promoting human dignity. My sincere intention is to connect you with opportunities that foster wholistic wellbeing and support your personalized goals.

Dr. Sallie Suby-Long,  
Licensed Professional Counselor  
*Minister of Healing & Wellbeing - St. Luke's UMC*  
*Director - Center for Spiritual Engagement*  
303-791-0659 x132



Being present to you as you navigate change and challenges, identify new possibilities, and develop healthy strategies for greater fulfillment is an honor I hold with respect and humility. I'm a licensed professional counselor, educator, and minister. I welcome working in partnership with you to discover avenues for your healing and growth.

I provide counseling and support to help address a wide variety of intentions for enhanced wellbeing.

Some of these areas include:

- communication strategies
- life-stage transitions
- interpersonal relationships
- grief and loss
- depression
- anxiety
- spirituality
- career development & decision-making
- change
- personal growth
- clarifying meaningful life purpose
- care-giving for loved ones
- parenting
- family counseling
- work/life balance
- couples counseling
- pre-marriage & marriage counseling
- women's development
- life coaching
- consultation & education for health & fulfillment

I'm committed to providing care that follows the ethical standards of professional counseling, education and spiritual direction. Sessions are offered in person or via telehealth.

I warmly welcome a conversation with you. to explore your personalized hopes and goals for enhanced wellbeing.

## Wellbeing & Development Opportunities

### Consultation, Counseling and Therapy –

Wellbeing consultation and counseling honors the whole person and through education and therapeutic approaches, supports you to move toward your goals for growth, healing, and enhanced wellbeing.

### Spiritual Direction and Mentoring –

Spiritual direction offers deep listening and invites reflection on your life story, what is meaningful and sacred to you, and provides support as you grow in spiritual awareness and compassion toward yourself and others.

### Appreciative Coaching –

Coaching provides intentional partnership as you identify and move forward embracing your personal, vocational, and life goals. An appreciative approach supports building on what is working well in your life and encourages using your strengths.

### Group Wellbeing Experiences –

In collaboration with colleagues and The Center for Spiritual Engagement, I offer experiences for small groups such as Practices of Wellbeing, Clarifying Purpose, Thriving by Renewing Healthy Life Rhythms, and Identifying Character Strengths. I often use human development resources such as the Enneagram and the Myers-Briggs Type Indicator to provide you with knowledge of your natural strengths, preferences and capacities.





# Education and Experience

- PhD - Education with Psychology Concentration
- MS - Higher Education and Human Development
- MA - Spiritual Care and Formation
- Licensed Professional Counselor
- Ordained Minister

## Certifications:

Appreciative Coaching  
Spiritual Direction  
Leadership Development, Change & Transition  
Meyers-Briggs Type Indicator  
Enneagram

## Research Areas:

Transformational Learning,  
Women's Leadership Development,  
Discernment of Purpose and Calling

# CENTER FOR SPIRITUAL ENGAGEMENT

The Center for Spiritual Engagement's (CSE) mission and purpose is to foster healing and wholeness of mind, body and spirit through experiences that inspire wellbeing and connection. We offer yoga, hikes, classes, retreats and more: We invite all to join us!

Contact: Sallie Suby-Long, Director  
Center for Spiritual Engagement  
303-791-0659 x132  
sallie@stlukeshr.com.

For more information on upcoming events, visit

[stlukesce.org](http://stlukesce.org)



Center for  
**Spiritual  
Engagement**

inspiring connection & wellbeing

**Counseling & Consultation –  
Center for Spiritual Engagement Website**

[stlukesce.org/life-coaching-mentoring-spiritual-d](http://stlukesce.org/life-coaching-mentoring-spiritual-d)

## CONTACT INFO

### Counseling, Spiritual Direction & Consultation:

Dr. Sallie Suby-Long, Licensed Professional Counselor  
sallie@stlukeshr.com 303-791-0659 x132  
or call the St. Luke's office 303-791-0659

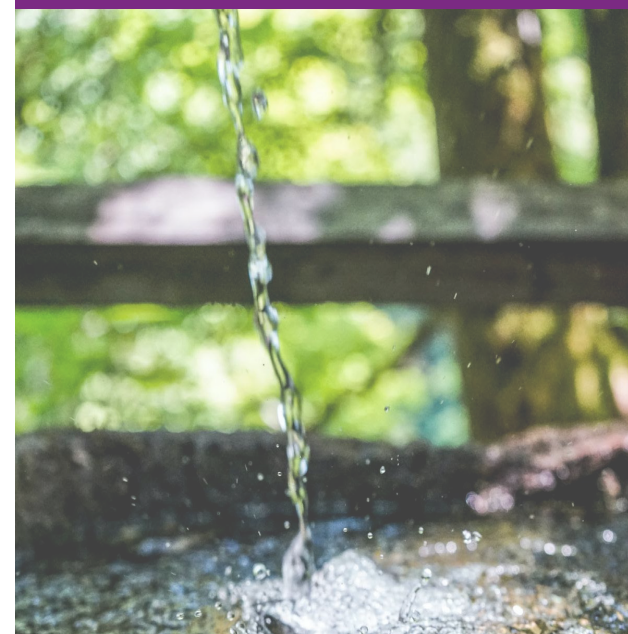


ST. LUKE'S UNITED METHODIST CHURCH  
8817 S. Broadway, Highlands Ranch, CO 80129  
stlukeshr.com | 303-791-0659  
GRACE | COURAGE | WONDER | BEYOND



# COUNSELING, SPIRITUAL DIRECTION & CONSULTATION

ST. LUKE'S UMC



*Therefore encourage one another and build one another up, just as you are doing.*

—1 THESSALONIANS 5:11

with Dr. Sallie Suby-Long,  
Licensed Professional Counselor