

DANA NYGAARD, LPC

CATHOLIC PSYCHOTHERAPIST

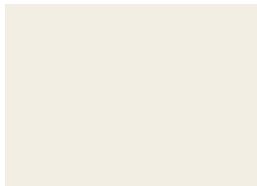
MAIN LOGO

DANA NYGAARD, LPC
CATHOLIC PSYCHOTHERAPIST

LOGO MARK



COLOUR PALETTE



R 242 G 238 B 227
#F2EEE3



R 207 G 169 B 106
#CFA96A



R 117 G 101 B 140
#75658C



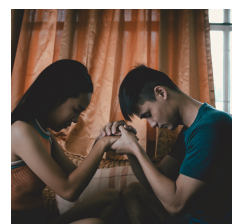
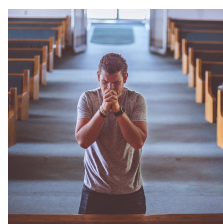
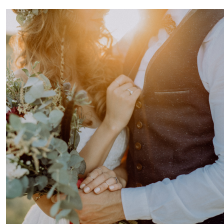
R 67 G 44 B 36
#1E0640

BRAND FONTS

Playfair Display Black - Headings
abcdefghijklmnopqrstuvwxyz
ABCDEFGHIJKLMNOPQRSTUVWXYZ
1234567890

Montserrat Regular - Body Copy
abcdefghijklmnopqrstuvwxyz
ABCDEFGHIJKLMNOPQRSTUVWXYZ
1234567890

BRAND PHOTO STYLE



DANA NYGAARD, LPC

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LOGO ACCENTS

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BRAND TERMS

Catholic Psychotherapist

Catholic Psychotherapist grounded in Christ

Courtship Conversation

A passionate Catholic Psychotherapist dedicated to helping you heal your wounds through God's love & teachings.

I teach Catholics practical tips to help them live a more peaceful life.

Dana Nygaard, LPC

Licensed Professional Counselor

Dana Nygaard, LPC a Catholic psychotherapist

Psychotherapy - (Dana's Therapy Explained)

As a Catholic psychotherapist Dana uses Cognitive Behavioral Therapy with a focus in attachment theory. Dana Nygaard's goal is to help you uncover your true potential and lead a life that is worth celebrating. While we can't change difficult situations of the past, we can work together to better understand and resolve challenges in your life. By applying complementary therapy approaches and techniques in line with the rich teachings of the Catholic faith, we will unearth long-standing behavior patterns or negative perceptions that may be holding you back from experiencing a more fulfilling and meaningful life.

Associations

Catholic Psychotherapy Association
Catholic Therapists.com

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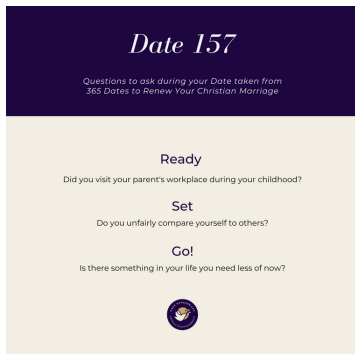
SOCIAL TEMPLATE



Love your spouse Daily

Marriage is a daily decision to love your partner even when they don't deserve it.

@dananygaard_lpc



Love can be Tough

Marriage can be messy and it isn't for wimps.

@dananygaard_lpc



Date your Spouse

Feed your marriage, so your relationship doesn't starve.

@dananygaard_lpc

