

# DANA NYGAARD, LPC

Catholic Psychotherapist



## ABOUT DANA

Dana Nygaard is a Licensed Professional Counselor, speaker, wife, and mother. Nygaard is a down-to-earth, cradle Catholic with a heart for the New Evangelization. Her unique blend of Cognitive Behavioral Therapy techniques, authentic Catholic spirituality, and a splash of humor provides her clients and audiences with practical solutions that have life-changing effects. Inspired by the desire to help individuals and married couples seeking emotional, psychological, and spiritual healing from a Catholic psychotherapy perspective, she earned her counseling degree from Dallas Baptist University.

### ***AUTHOR***

*365 Dates to Renew Your Christian Marriage* equips Christian couples with a series of questions that sparks Dana's 'Courtship Conversation'. Available in both a Protestant and Catholic edition.

### ***SPEAKER***

Dana speaks regularly at national events, including Diocesan conferences and local parishes offering practical tips to help individuals and couples form healthy and loving relationships that are grounded in Christ.

### ***THERAPIST***

As a Licensed Professional Counselor, Dana has spent her career as a Catholic psychotherapist helping heal wounds allowing individuals to unleash God's calling.

### *Catholic First*

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## DANA'S APPROACH

Dana describes her approach to Catholic Psychotherapy as "grounded in the teachings of St. Thomas Aquinas that grace perfects and builds on nature. God transforms, repairs, and strengthens our humanity." Dana's wisdom along with Cognitive Behavioral Therapy techniques concentrate on re-integrating the whole person as a physical, rational, emotional and spiritual being in order to grow in holiness and relationship with God.

# MISSION

## MY AUDIENCE

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As His people, we carry crosses and are burdened with worldly problems. With God's love, Dana incorporates psychotherapy techniques that help lift the weight of trauma and personal wounds. This enables the individual to learn to live without fear and anxiety that inhibit them from experiencing a peaceful life with God.



# EVANGELIZE

AUTHOR, SPEAKER, THERAPIST

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Author of the recently published book, *365 Dates to Renew Your Christian Marriage: Increasing Your Emotional Intimacy One Question at a Time*, Dana implements her 'Courtship Conversation' method for couples to dive into faith-filled conversations that spark emotional intimacy with every question. As a Licensed Professional Counselor, Dana uses every speaking opportunity to inform individuals how to live a more peaceful life.

*Connect with me*

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LET'S DO  
GOD'S WORK  
TOGETHER



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# BOOK DANA

CATHOLIC PSYCHOTHERAPIST



## BOOK A TALK

As a Catholic Psychotherapist, Dana Nygaard discusses practical tips that any individual can implement to live a more peaceful life. Dana blends humor and storytelling all while implementing Cognitive Behavioral Therapy into her speaking engagements. Dana's dynamic approach enlightens her audiences while creating a memorable and engaging talk.

## SPEAKING TOPICS

Dana is able to speak on a variety of topics. To review more speaking topics visit [www.dananygaard.com](http://www.dananygaard.com) to book Dana and/or discuss rates please email [info@dananygaard.com](mailto:info@dananygaard.com).

## RETREATS

- The Art of Marriage: Strengthening Your Relationship During Difficult Times
- Cana Communication
- Cana Commandments

## MARRIAGE ENRICHMENT

- From Crisis to Cana
- Affective Affirmations in Marriage
- Strong Couples: The Foundation of Strong Catholic Families

## CATHOLIC PSYCHOTHERAPY

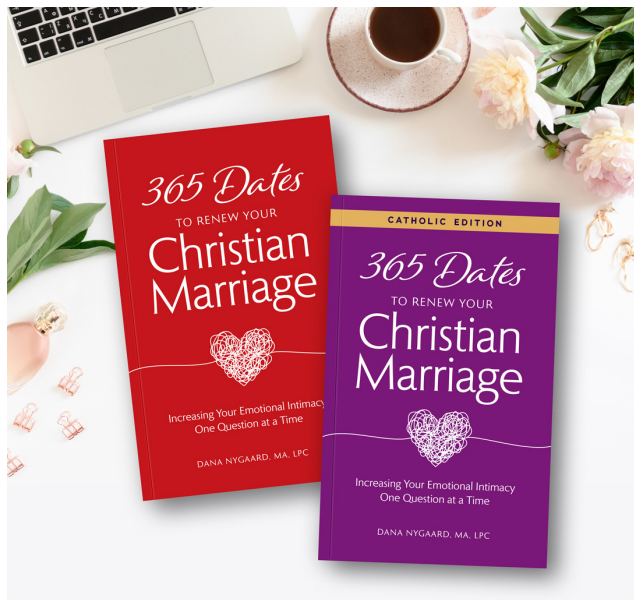
- The People Pleasing Paradox
- The St. Joan of Arc Playbook for Courage
- Healing the Cycle of Shame





# WHAT PEOPLE ARE SAYING

## BOOK REVIEWS



"Life was already full of busyness and then came 2020. As the world continues to spin out of control, now more than ever, married couples must set aside time for one another to strengthen their marriages. 365 Dates to Renew Your Christian Marriage: Catholic Edition is a fabulous tool that will help husbands and wives gain the greatest benefit in that purposely scheduled time. Coming from years of expertise in counseling couples, Dana offers a practical guide to aid couples in the growth of their marriage, practically as well as spiritually. Schedule a date and enjoy the questions that will draw you closer to each other and closer to Our Lord." ROBERT & DIANE SCHWIND, Three Hearts Institute

"Relationships get stale when people stop being curious about the other. Dana's made it easy—and fun!—to explore again, to deep dive together and truly discover the treasure in the one you love." ROSE SWEET, Catholic Author and Relationship Coach

"The first thing I noticed (and loved) about Dana Nygaard's new book, 365 Dates to Renew Your Christian Marriage: Catholic Edition, is that it's simple and amazingly easy to implement! It's just a quick and fun way to bring up interesting and important daily conversation starters that is sure to increase the love, intimacy and friendship between husbands and wives. I don't have time these days to read many books, but I certainly have 10 minutes each day to spend time with my wife discussing a few quick questions. Get the book, start the conversations and see your relationship improve!" DAVE PALMER, Program Director for Guadalupe Radio Network and Author, St. Thomas Aquinas for Everyone

"Sue and I have read the book which reminded us of a Marriage Encounter that we made in 1972. As with your book, the theme is listening to one another with an open heart. This book reminded us that we need to keep an open heart and an open mind to one another's concerns through ongoing communication that leads to a deeper Union with each other and with Our Lord. This book deserves a rating of 5 stars out of 5." DEACON PAUL AND SUSAN HUSTING, Diocese of Dallas, Texas

"The format of this workbook is so user-friendly and practical! It unwinds the journey of each couple with courage enough to take it up. It is filled with great guidance for each unique marriage, on how to use it or adapt it for their personal needs. Do not be afraid! Read, engage and renew your intimacy as a married couple." SISTER MARY PAUL HAASE, religious sister, Sisters of the Holy Family of Nazareth, Grand Prairie, Texas