



### **Angela Gilmour**

I am a Licensed Clinical Social Worker in the state of Virginia. I earned a Masters of Social Work from Washington University in St. Louis in 1995. During that time, I also completed course work in Biblical Counseling from Covenant Theological Seminary.

I began my practice in 1996 and have clinical experience working with individuals, couples and families. I have practiced in inpatient, day program, and outpatient settings. In these settings, I have treated a variety of individuals, from those with serious mental illnesses and substance dependence to individuals dealing with difficult life transitions.

**I help my clients find hope and freedom from the struggles preventing them from enjoying life and living out their purpose.**

Most of the issues I specialize in are the things with which I've also struggled—so I get it. I understand the strains of parenthood. I get the challenges of marriage. I understand anxiety and depression. I've battled with perfectionism. I've wondered where God is in the midst of my pain. Struggling with these issues have developed a compassion in me that I hope to share with others on their journey. I strive to share the truth we so desperately need and the grace/encouragement we can't change without.

I have been a therapist since 1996, a wife since 1997, and a Mom since 2003; these are the experiences that have shaped who I am. However, none of these have shaped me more than my faith. I view life through all of these lenses.

I love people's stories. I love to see how God wired them and help them see that as well. Early in my career, I felt I should be the "expert" who gives wise advice. At this stage in my life/career, I know that is not helpful. I've battled enough of my own difficulties to know simple solutions for complicated problems just don't work. Through my experiences, I have learned a ton. I've found tools that truly bring change. I apply my training and education through the lens of both my professional and personal experiences. I seek to share what I have learned through my therapy, speaking, and writing. For more information, visit my website at [gilmourcounseling.com](http://gilmourcounseling.com).



### **Laura Fay**

Laura Fay is a certified professional life coach whose passion is to inspire women to know who they uniquely are in Christ and to live fully for His honor and glory. She began her career as a second lieutenant and Distinguished Graduate of Air Force ROTC after earning a B.S. in Psychology from Colorado State University. In her first assignment at NORAD and U.S. Space Command, she was selected to present the daily intelligence briefing to the four star commander and his senior staff. She subsequently held key advisory positions within intelligence, senior personnel matters and legislative liaison. Laura earned an MBA from Chaminade University of Hawaii in 1993 and an M.S. from National Defense University in 2001.

Laura served 22 years and retired as a Colonel. She lives in Alexandria Virginia and is primarily focused on raising her daughter to know the Lord. Laura is a foster mom to young girls in need of respite care and a safe, loving environment. She is a Christian lay counselor and spiritual mentor within her church family. Laura facilitates The Significant Woman, a life-coaching, life-changing course. She co-authored and co-leads Untangled, a Bible study to help women work through their emotions, while fixing their eyes on Jesus. You can read more about Laura and her coaching and consulting services at [www.laurafaylifecoaching.com](http://www.laurafaylifecoaching.com).