



Winter 2018

Sequence Counseling & Consulting Services

Counseling, Career & Wellness Services



Winter is a time of quiet reflection, restoration and regrowth. The trees around us are a wonderful example of this, as while they appear still and resting, this season is critical for growth as energy collected through the spring, summer and fall is processed and redirected. This energy is nourishing the leaves tightly growing as buds, which will reach out to the elements, and to the complex roots that extend deeply below, to a depth that exceeds each trees' upward reach, entangling and entwining each tree with the forest around it, connecting to parent and sibling trees and the life of the forest moving beneath our view in the rich and sustaining soil. These thoughts are inspired by my recent reading of Peter Wohlleben's *"The Hidden Life Of Trees, What they feel, how they communicate, discoveries from a secret world"*.

This is a thoughtful book where the author makes a compelling scientific argument that trees exist as "social beings". This is certainly a subject worth delving further into, as everywhere I turn I am finding examples of the deep need for community and connection that abounds in any form of life, be it plant, animal, and the oh so complex human.

Humans need connection, despite the many difficulties and abrasions such connection can bring. Perhaps the best gifts any therapist or counselor may give to those they serve are the tools to forge ahead with the messy and rewarding work of creating connections.

And work it is. It seems that trees may reject or support neighboring trees (Really, read the book!) but without question humans do. For all of us who have suffered these rejections, large and small, it is a hard chore to extend ourselves yet again towards 'the others', but we forget that we too have the power to offer nourishment, and that to receive we must first be willing to give. The metaphors between human and trees may be better viewed as examples, for it is through connection that we are strengthened and nourished so that we may endure and prosper. Reach for others.

The Sequence Community has grown in delightful ways these last several months. Introducing our newest team members:



MICHELE PULASKI, MA, NCC
CAREER SERVICES CONSULTANT

Michele brings her tremendous range of experience to the career services team in working with

individuals on their workplace success. With a masters in career counseling, and experience that spans federal government, college and corporate settings, Michele is exceptionally equipped to help others meet their career goals.



KAT McGRADY, EdD, LCPC, NCC
CHILD, ADOLESCENT & ADULT THERAPIST

Kat brings her warmth, curiosity, creativity and mindful self to all that she offers her

therpay clients at Sequence. She is available evening and weekend hours, and enjoys working with indivudals of all ages using traditional talk and expressive therapy tools. Kat also works as a school counseor with MCPS and teaches graduate level counseling students.



DAVID IRWIN, MD
BOARD CERTIFIED PSYCHIATRIST, OLDER ADOLESCENTS, ADULTS, ELDERLY

Following a career spanning 30 plus years and his own group practice, the Shady Grove

Psychiatric Group, David joins Sequence ready to devote his considerable expertise to the practice of serving his clients' psychiatric care needs. With caring and a history of strong positive relationships with his patients, David specializes in the treatment of anxiety, depression, bipolar disorder and attention issues. He works with clients ages 16 and over.



PASCALE BRADY, MBA, CPCC, CPE, PCC
CAREER SERVICES CONSULTANT

Pascale has a 30-year work history, has worked with over 200 individual clients as a professional

coach, serves on the board of directors of local family serving non-profits and travels the world offering trainings to businesses. She joins Sequence ready to spearhead our corporate wellness and development programs using her outstanding facilitation skills and professional corporate background. She also is available for leadership and executive coaching using her extensive skills and her very engaged, warm, positive and straightforward teaching style.

We are please at these additions to our therapy and career services, and the expanded ways we can serve others. We welcome inquires about our services, and wish you many nourishing connections!
 ~Kathleen Landers, LCSW-C Director

Contact Sequence to learn more about our providers and other programs:
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www.SequenceServices.com

EXTENSIONS	
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Counseling	Ext 1
Career Services	Ext 2
Workshops	Ext 3
Director	Ext 4
Office Manager	Ext 702
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