



John Baumann, M.Div, LMHC—
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I work with adults, young adults, and couples who feel stuck, or even paralyzed, by life challenges. These challenges make room for depression, anxiety, anger, or grief to enter. They may lead to broken marriages or fractured relationships. I strive to create a safe place where these challenges can be explored and for clients to identify potential responses that will lead to healing.

I believe that therapy is about discovering what is already within you that can help with this healing process. Each person or couple brings certain and specific strengths and talents that can be rediscovered to sustain healing.

There is a reflective nature to this work in terms of identifying what has happened, recognizing how this relates to other experiences, and letting it shape the changes and healing you are seeking. I may draw from several therapeutic methods to assist in this work, including cognitive behavioral and narrative therapies.

Should you wish to draw from or incorporate practices or teachings from a particular spiritual, religious, or philosophical tradition we can weave this into our work together.

Individuals: Working through experiences and stressors that make room for depression, anxiety, grief, or anger to enter. These experiences may include trauma, loss, relational problems and transitions.

Couples: Deepening relationships that may have become frayed. Exploring ways to rebuild and reclaim the relationship you desire.

Chronic Illness: A chronic illness typically tries to say “no” to what was possible. It can be experienced as defining who we are. Finding the way to still claim who we are is a way to say to “no” to the illness and “yes” to what is still possible.

Spirituality: Spiritual companioning, many times called spiritual direction, is simply joining someone on their faith journey and reflecting back to them what is seen, heard, and experienced in them.

Marriage Preparation: The decision to say yes to another person through marriage is filled with wonder and excitement. Marriage preparation can help identify the strengths and skills that each of you bring to marriage and draw on them to blend your individual and unique styles. It is also safe place to explore any areas of relationship that might need more attention.

Retirement Preparation: The answers to three questions can shape retirement do it is an *Encore* experience and not the final act. How can I thrive, not merely survive, in retirement? How can I find purpose and personal meaning in my retirement years? How can I rest my body, stimulate my mind, and enrich my soul in retirement? I believe the answers to these questions are simply waiting to be called forth. Utilizing a series of exercises and conversation, I collaborate with individuals and couples to bring these answers to light.

Office Locations:

Federal Way: St. Vincent de Paul Parish - Mondays

West Seattle: Our Lady of Guadalupe Parish - Tuesdays

Renton (Fairwood area): St. Stephen the Martyr Parish - Wednesdays