



# Anxiety & OCD Center

## Dr. Erwin Consulting®

### **We are pleased to introduce three highly experienced Catholic clinicians at the Anxiety & OCD Center**

Dominic Gentile, Sr. Marcelina Mikulska, and Lynn Harmer are dedicated to providing evidence-based psychological care to adults, children, families, and clergy. Their expertise enhances our mission to deliver evidence-based, compassionate, high-quality mental health services. All of these clinicians' approaches integrate clinical expertise with a faith-based perspective, ensuring care that respects the spiritual and emotional dimensions of each individual.



#### **Meet Dominic Gentile, MS, NCC**

Dominic is a counseling resident at the Anxiety and OCD Center with a strong background in Catholic-integrated care. Educated at Franciscan University and Divine Mercy University, he blends clinical expertise with a deep understanding of the faith. He specializes in CBT, ERP, ACT, and behavioral therapies, with additional training in trauma and compassion fatigue. Dominic supports Catholics across all vocations—lay, religious, and those in ministry. With a heart for the Church, he is dedicated to promoting mental and spiritual well-being through compassionate, evidence-based care.



#### **Meet Dr. Lynn Harmer, DMFT**

Dr. Lynn Harmer is a counseling resident in Marriage and Family Therapy with a master's in special education under the supervision of Dr. Brigitte Erwin and Dr. Ryan Staudle. Dr. Harmer is passionate about empowering young people and their families to build resilience, self-awareness, and connection. She integrates family systems theory with cognitive-behavioral techniques, tailoring each therapeutic plan to the individual needs of her clients. Dr. Harmer enjoys working with individuals, couples, and families. She offers a safe and supportive space for growth and healing, creating a genuine, trusting relationship where clients can be themselves.



#### **Meet Sr. Marcelina Mikulska, CSFN, MS, LPC, NCC**

Sr. Marcelina is a licensed professional counselor with a master's degree from Holy Family University and a background in Pastoral Counseling. Fluent in both English and Polish, she is able to serve a diverse client population. Her practice integrates the Judeo-Christian tradition, Logotherapy, and a unique sensory-based treatment that combines emotional, psychological, and spiritual dimensions. She helps individuals from various backgrounds find meaning and purpose through cognitive restructuring and creative rituals that engage the mind, body, and soul, alongside evidence-based care. Utilizing methods such as CBT, TR-CBT, ERP, ACT, and MI, she provides a safe, gentle, and effective recovery process for trauma victims, addressing healing from trauma and human woundedness.

At the Anxiety & OCD Center, we value comprehensive care for our patients. To learn more about Dominic, Sister Marcelina, Lynn or our services, please contact us at (484) 947-8820 or visit our website: [anxietyocd.com](http://anxietyocd.com). We look forward to supporting your mental health needs!

Contact Us Today!

📍 Anxiety and OCD Center, 270 Lancaster Avenue Building J Malvern, PA

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🌐 [www.anxietyocdcenter.com](http://www.anxietyocdcenter.com)

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