

CURRICULUM VITAE

Mario A. Sacasa

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Education

Doctor of Philosophy in Counselor Education and Supervision

University of Holy Cross

May 2017

Specialist in Education in Marriage and Family Counseling

University of North Carolina at Greensboro

December 2006

Master of Science in Marriage and Family Counseling

University of North Carolina at Greensboro

December 2006

Bachelor of Science in Psychology

Florida State University

August 2002

Relevant Experience

7/2018 – present

Willwoods Community: Faith and Marriage Apostolate

Associate Director

Create and host regular episodes for *Always Hope with Dr. Mario* podcast. Co-Host TV Show *Faith and Marriage Today* Regularly contribute writing to the Faith and Marriage blog and social media reflections. Conduct marriage retreats and offer regular speaking engagements. Work closely with the Director on various initiatives related to faith, marriage, and family life.

7/2014 – 6/2018

Notre Dame Seminary (New Orleans, LA)

Director of Counseling Services, Assistant Director of Human Formation and Professor of Pastoral Counseling

Construct and teach PT504: Introduction to Pastoral Counseling course, provide counseling services to the seminarians, review their psychological evaluations, offer lectures on topics pertaining to Human Formation, coordinate *Friends of St. Joseph Chastity Support Group*, serve on various leadership committees in the seminary, including Faculty Council, Priestly Formation Board, and Human Formation Committee.

1/2018 - 3/2018

Divine Mercy University, School of Counseling (Arlington, VA)

Adjunct Faculty

Primary instructor for COU510: Foundations and Ethics of Clinical Mental Health. This is an online course that uses the Canvas Interface and Zoom for weekly meetings. The course content covers legal and ethical issues in counseling, as well as the foundations of counseling as a distinct profession. The course examines ethical issues both through a professional lens and that of a Catholic metamodel of the human person. The final week of the course is a 5-day residency program that allows for greater reflection of ethical issues and preliminary training of counseling skills.

9/2018 - 3/2019

Adjunct Faculty and Subject Material Expert

Co-developer and primary instructor for COUN 670: Marriage, Couple, and Family Counseling. This is an online course that teaches foundational models and techniques to develop effective professional skills for working with couples and families. The course drew heavily upon the Gottman's Sound Marital House Theory and Johnson's Emotionally Focused Couples Theory.

Summer 2017, 2018,
2019, and 2022

Institute for Priestly Formation (Omaha, NE)

Instructor

Co-taught the course IPF 502: Growing into Authentic Manhood with Christ the Priest. This course is part of a 9-week summer program for Catholic seminarians. More specifically, it allows seminarians to gain a better understanding of the emotional and spiritual basis for living a healthy celibate life. The course is an applied approach to the integration of psychological issues and authentic spiritual practices.

7/2012 – 7/2014

Archdiocese of New Orleans (New Orleans, LA)

Director of Catholic Counseling Service

Provide overall direction to the clinic, particularly in the area of integrating Catholic values with clinical practice. **Train counseling interns in professional practice. Serve as liaison to local universities.** Promote Catholic Counseling Service in the Archdiocese.

Assistant Director of Family Life Apostolate

Coordinate services offered through the office, including marriage preparation and marital enrichment activities. Serve as link between parishes and Family Life Apostolate. Assist parish leaders to establish and maintain family ministry perspectives in respective parishes. Coordinate events for Year of the Family.

7/2007 – Present

Marriage and Family Therapy Private Practice (Tallahassee, FL & New Orleans, LA)

Owner and Marriage & Family Therapist

Lead and manage a private practice; direct all administrative and marketing duties; practice psychotherapy that approaches the person from a Christian anthropology, utilize Emotionally Focused Therapy; deliver lectures at conferences; develop material for marriage retreats and workshops; consult with organizations; network with other therapists. Provided logistical support to a start-up organization.

7/2009 - 7/2010

Diocese of Pensacola-Tallahassee (Tallahassee, FL)

Director of Marriage and Family Life

Managed the marriage preparation and marriage enrichment ministries for the diocese; trained clergy on new FOCCUS online scoring system; built and balanced departmental budget; wrote on issues related to marriage; lectured at marriage preparation workshops

- 7/2007 - 7/2009 **Co-Cathedral of St. Thomas More** (Tallahassee, FL)
Director of Marriage Preparation
 Created and developed new marriage preparation program; delivered lectures on topics surrounding marriage, love and sexuality; organized events and conferences; networked with other community facilitators of marriage programs; served as a support for local Catholic campus ministry; mentored college students about dating and marriage.
- 8/2007 - 12/2009 **Center for Biblical Studies** (Tallahassee, FL)
Instructor
 Co-taught the following courses: Love, Sex and Marriage Restoring the Glory, Experiencing the Father's Embrace, Sexual Wholeness, Inner Healing, and Gifts of the Holy Spirit.
- 1/2006 - 7/2007 **Catholic Social Services of Diocese of Charlotte** (Winston-Salem, NC)
Bilingual Therapist (1/2007 - 7/2007)
 Hired post-graduation to provide psychotherapy to the Spanish-speaking clientele; coordinated services with Forsyth County Department of Social Services for clients who had children removed from their home; conducted agency intakes in both Spanish and English; displayed the ability to make appropriate referrals to other community agencies; provided consultation to other mental health providers.
- Marriage Preparation Workshop Presenter* (3/2006 - 7/2007)
 Presented at monthly single day pre-marriage workshops, specific topics included: Communication & Conflict Resolution, Family of Origin Issues, and Marriage as a Sacrament.
- Clinical Internship* (1/2006 - 5/2006, 8/2006 - 12/2006)
 Provided therapeutic counseling services to a predominately Spanish-speaking clientele; coordinated services with Forsyth County Department of Social Services for clients who had children removed from their home; conducted agency intakes in both Spanish and English; displayed the ability to make appropriate referrals to other community agencies; provided consultation with other mental health providers.
- 8/2004 - 12/2006 **University of North Carolina at Greensboro,**
Counseling Education Department
Graduate Assistant (8/2004 - 7/2005, 1/2006 - 12/2006)
 Provided counseling services to young adults and couples at the Nicholas A. Vacc Counseling and Consulting Clinic; managed room scheduling and problems brought forth by graduate students; maintained privacy laws according to HIPPA; handled the maintenance and security of counseling video tapes; used organizational and interpersonal skills in communication of clinic policies and procedures to users of clinic rooms.

Research Assistant (5/2006 - 8/2006)

Research assistant on counseling study: Villalba, J. A. (2011). The impressions of school nurses and school counselors related to health disparities of Latina/o students in rural, emerging Latino communities. *Hispanic Healthcare International*, 9, 32-40., which included evaluating the assimilation and organization of raw data through a content analysis and other qualitative procedures.

1/2003 - 8/2004

Missionary Cenacle Volunteers (Ft. Mitchell, AL)

Youth Minister/ Service Trip Coordinator

Built relationships with teenagers, their families, and their friends; helped them grow spiritually, mentally, and emotionally by conducting weekly meetings, directing retreats, mentoring, and visiting them at home and at school; planned educational and recreational trips; coordinated many weekend or week-long service projects, in which groups from different states came to help the people of Russell County, AL through housing repair, home visits, and many other projects; guided nightly reflection time.

Courses Developed and Taught

IPF 502: Growing into Authentic Manhood with Christ the Priest. Summer, 2017, Summer 2018, Summer 2019, Summer 2022.

COU510: Foundations and Ethics of Clinical Mental Health. Spring, 2018.

COUN670: Marriage, Couple, and Family Counseling. Spring 2019.

PT 504: Introduction to Pastoral Counseling, Notre Dame Seminary. Spring. 2015; Spring 2016; Spring 2017; Spring 2018.

Doctoral Dissertation

Sacasa, M. (2017, April). Catholic Priest as Attachment Figure: A Phenomenological Study on Healthy Relationships in Parish Ministry. University of Holy Cross, New Orleans, LA.

Professional Licenses

Licensed Marriage and Family Therapist (2407), North Carolina

Licensed Marriage and Family Therapist (MFT1109), Louisiana

Licensed Marriage and Family Therapist (MT2423), Florida

Online Course Created

Sacasa, M. *Dating Well: Almost everything you need to know about dating as a Catholic*

Programs Developed & Taught

Sacasa, M. *How to Live with Hope*. Days of Reflection for Permanent Deacons of Des Moines, IA,

August 2019; Archdiocese of New Orleans Catholic Charities Day of Reflection, November 2019; St. Clare of Assisi Catholic Church, Houston, TX, December 2019; Good Shepherd Catholic Church, Tallahassee, FL, February 2021, St. Elizabeth Ann Seton Catholic Church, Gardendale, AL, November 2021; Our Lady of the Lake Catholic Church, Mandeville, LA, December 2021; Holy Rosary Catholic Church, St. Amant, LA, March 2022; Pre-Ordination Retreat for Permanent Deacon Candidates, Alexandria, LA, April 2022.

Sacasa, M. *Authentic Masculinity Seminary Formation Weekend*. Immaculate Heart of Mary Seminary, Winona, MN. October 2018, March 2019, October 2021; St. Francis de Sales Seminary, Milwaukee, WI, October 2019.

Sacasa, M. & Schaeffgen, T. *The Catholic Man: Why the World (Still) Needs Good Men*. Tulane Catholic Center, New Orleans, LA, Fall Semester 2017, Spring 2019.

Sacasa, M., & Bottaro, G. *Together as One: Theology of the Body and Married Life*. Theology of the Body Institute, Elverson, PA, February, 2016; November, 2017.

Sacasa, M., Angelette, J., & Angelette, E. *Willwoods Married Couples Cruise*. Port out of New Orleans, July, 2016.

Sacasa, M. *Living the Gift of Marriage*. Tallahassee, FL, December 2010, May 2011; Gulfport, MS, April 2011; Mandeville, LA, 2013; Covington, LA, 2014; Stuart, FL, October, 2014; Metairie, LA, September, 2015; Metairie, LA, October, 2015; Alexandria, LA, January, 2016; Slidell, LA, October, 2016; Cadiz, KY, March, 2017, Luling, LA, January 2019, Covington, LA, July 2019.

Wehner, J., **Sacasa, M.**, Butler, B., & Denny, S. *Human Sexuality Workshop*. October, 2012; February, 2014; October 2014, October, 2015.

Sacasa, M. *Faith, Family and the New Evangelization Parish Mission*. Harahan, LA, February 2014.

Sacasa, M. & Molina, S. *Preparing for the Gift of Marriage*. Tallahassee, FL, September 2007, February 2008, September 2008, February 2009, September 2009, February 2010, September 2010, February 2011.

Harper, B., Schuchts, R, Kniepmann, K., Schuchts, B., & **Sacasa, M.** *Return to Glory Men's Retreat*. Live Oak, FL, April 2009; Marianna, FL, October 2009, April 2010, October 2010, April 2011.

Ballard, M. & **Sacasa, M.** *Teaching Your Kids about Sex*. Tallahassee, FL, February 2008, August 2008.

Presentations

Sacasa, M. *Choose Hope: How to wrestle with desire, fear, and God's providence*. Theology of the Body Institute Virtual Conference (May 8-10, 2010).

Sacasa, M. *Intellectual Intimacy in Marriage*. Joyful Ever After, EPIC Intimacy Series (August 5-8, 2021).

- Sacasa, M. *Healing and Marriage Q&A*. The Culture Project, Restore Culture Virtual Workshop (September 26, 2020).
- Sacasa, M. *Making Sense of Masculinity*. Institute for World Evangelization, Set Free Virtual Summits. (November 21, 2020; February 8, 2021).
- Sacasa, M. *Anchored in Hope*. Eparchy of St. Maron Youth Online Conferences (October 10, 17, and 24, 2020).
- Sacasa, M. *Social Media and Campus Life*, Catholic Student Union at Florida State University Staff Workshop (October 22, 2020).
- Sacasa, M. & Angelette, J. *Parenting in a Digital Age*. Central Catholic High School, Morgan City, LA, (November 13, 2019); Divine Mercy Catholic Church, Kenner, LA (November 14, 2021); St. Pius X Catholic Church, New Orleans, LA April 27, 2022).
- Sacasa, M. *Breaking Free from Porn*. Christ the King Parish, Baton Rouge, LA. (September 13, 2017); Belmont Abbey College, Belmont, NC (November 6, 2017); St. Clement of Rome Parish, Metairie, LA (April 22, 2018), St. Francis de Sales Seminary (October 26, 2019).
- Sacasa, M. *Dating Well and Discernment*. Louisiana State University Christ the King Parish. Baton Rouge, LA (February 25, 2019), University of Louisiana Lafayette, Our Lady of Wisdom Parish (September 11, 2019), University of Louisiana Lafayette, Our Lady of Wisdom Parish (March 16, 2022), Louisiana State University Christ the King Parish. Baton Rouge, LA (March 31, 2022), Loyola University, New Orleans, LA (April 26, 2022)
- Sacasa, M. (November 30, 2016). *Just Tell Me What to Do? A Practical Guide to Discernment and Decision Making*. Tulane Catholic Center, New Orleans, LA
- Sacasa, M. *Women, Shame, and Social Media* (May 8, 2019). Finding Peace in a Noisy World Series to Women. New Orleans, LA.
- Sacasa, M. *Staying Connected: 5 Keys for a Lifetime of Marriage*. Our Lady of Mercy, Baton Rouge, LA. (February 16, 2019); St George Parish, Baton Rouge, LA (April 13, 2019); Willwoods Married Couples Retreat, Covington, LA (September 26, 2021).
- Sacasa, M. *How to Be a Friend When People Are in Need*. (August 10, 2018). LSU Christ the King Parish Leaders Retreat. St. Francisville, LA.
- Sacasa, M. *Understanding the Male Female Difference, Breaking Free from Porn, Healing of Memory in the Arms of Divine Providence*. (July 27-August 1, 2018). ECHO: Theology of the Body Camp for Young Adults. Pineville, LA
- Sacasa, M. *Memory and Healing in the Arms of Divine Providence*. (June 20, 2018 and June 19, 2019). Institute of Priestly Formation. Omaha, NE.
- Sacasa, M., & Cudihy, D. (September 24, 2016). *A Changing Culture of Human Sexuality*, Acadiana Encounter Conference, Lafayette, LA

Sacasa, M. (September 30, 2016). *Temperance: Personal Awareness*, Notre Dame Seminary, LA.

Sacasa, M. (April 14-16, 2016). Master of Ceremonies, Catholic Psychotherapy Association Conference, Austin, TX.

Sacasa, M. (March 4, 2016). *Faith and Chastity*, Notre Dame Seminary, LA.

Sacasa, M. (November 13, 2015). *Signs of Addictive Behaviors*, Notre Dame Seminary, LA.

Sacasa, M. (October 9, 2015). *Cultivating Healthy Relationships*, Notre Dame Seminary, LA.

Sacasa M. (September 26, 2014). *Metas de Formación Humana*, Notre Dame Seminary, LA

Sacasa, M. (March 18, 2014). *Human Formation and Pornography*, St Joseph Abbey and Seminary College, Covington, LA.

Sacasa, M. (October 29, 2013). *What Difference Does It Make?* Theology on Tap, New Orleans, LA

Sacasa, M (April 12, 2013). *It is About Love: Same Sex Attraction as Understood by the Catholic Church*, Visitation of Our Lady Parish, Marrero, LA

Sacasa, M (February 26, 2012). *Family: The Key to the New Evangelization and The Work and Leisure Challenge*. Families Following Christ Marriage Retreat, Jacksonville, FL

Sacasa, M (November 20, 2011) *Autoestima y Agresion*. Reencuentro con Cristo, Grena, FL.

Sacasa, M. (August 6, 2011). *Forming Holy Marriages through the Theology of the Body*. National Association of Catholic Family Life Ministers Conference, Milwaukee, WI.

Sacasa, M. (February 23, 2011). *Charismatic Sacraments*. Catholic Student Union at Florida State University, Tallahassee, FL.

Sacasa, M. (January 2011, February 17, 2011, March 17, 2011). *Wild at Heart*. John Paul II Catholic High School, Tallahassee, FL.

Sacasa, M. (February 17, 2010). *The Body is a Gift*. Theology on Tap, Tallahassee, FL.

Sacasa, M. (October 11, 2010). *Introduction to the Theology of the Body*. Catholic Student Union at Embry-Riddle Aeronautical University, Daytona Beach, FL.

Sacasa, M. (February 13, 2010). *God in the Silence*. Catholic Student Union at Florida State University, Tallahassee, FL.

Sacasa, M. (October 15, 2008). *Addictions*. Catholic Student Union at Florida State University, Tallahassee, FL.

Sacasa, M. (December 1-5, 2008). *Theology of the Body for Teens*. John Paul II Catholic High School,

Tallahassee, FL.

Sacasa, M. & Sacasa, K. (October 17, 2007). *Marriage and the Theology of the Body*. Catholic Student Union at Florida State University, Tallahassee, FL.

MacDonald, C., **Sacasa, M.**, & Ivers, N. N. (October, 2006). *Using Interpreters in Counseling*. Poster presented at the Licensed Professional Counselor Association of North Carolina, Greensboro, NC.

Writings

Sacasa, M. (2021, August). *Catholic Dating 101: A better way to date*. Simply Catholic. <https://simplycatholic.com/catholic-dating-101-a-better-way-to-date/>

Sacasa, M. (2021, August). *Catholic Dating 101: Is it going well?* Simply Catholic. <https://simplycatholic.com/catholic-dating-101-is-it-going-well/>

Sacasa, M. (2021, August). *Catholic Dating 101: When to call it quits*. Simply Catholic. <https://simplycatholic.com/dating-101-when-to-call-it-quits/>

Sacasa, M. (2015, February). *Inner Healing: Theological, Psychological, and Practical Concerns*. drmariosacasa.com, <https://mariosacasa.files.wordpress.com/2015/02/sacasa-healing-prayer-critique-1.pdf>

Sacasa, M. (2013, October 1). *There Should Be No "White" Flags in Marriage*. Clarion Herald.

Sacasa, M. (2013, May 1). *Faith and Peace in the Face of Tragedy*. Clarion Herald.

Sacasa, M. (2013, February 25). *Can You Hear Me Now? Silence Truly Is Golden*. Clarion Herald.

Sacasa, M. (2012, November 14). *Grace Awakened in Parenting My Three Sons*. Clarion Herald.

Sacasa, M. (2010, January/February). *Why Marriage?* Catholic Compass, 9.

Sacasa, M. (2010, March). *A Greater Mystery*. Catholic Compass, 13.

Sacasa, M. (2010, May). *The Marital Oscars*. Catholic Compass, 7.

Languages

Proficient in English and Spanish

Professional Organization Membership

Catholic Psychotherapy Association

American Counseling Association

Louisiana Counseling Association

Specialized Training

Attended courses through the Theology of the Body Institute:

 Theology of the Body Immersion Course I: Head and Heart

 Theology of the Body Immersion Course II: Into the Deep

Trained administrator of FOCCUS marriage preparation inventory

Trained administrator of Start Smart marriage preparation inventory

Trained advocate for annulments handled through Pensacola-Tallahassee Catholic Diocese Tribunal