

## Dr. Mario Sacasa, LMFT Bio

Mario Sacasa is the associate director of the Faith and Marriage Apostolate of the Willwoods Community. He is a licensed marriage and family therapist and operates a private counseling practice in Charlotte, NC. He earned a Ph.D. in counselor education and supervision from the University of Holy Cross in New Orleans, LA. He also holds a combined M.S./ Ed.S. in marriage and family counseling from the University of North Carolina at Greensboro. He is married and has four sons.

The focus of his career is finding the points of integration between the Catholic-Christian faith and sound counseling practices. This integrated perspective informs all his professional endeavors.

Dr. Sacasa hosts the *Always Hope Podcast*, which provides solutions to life's challenges that are grounded in faith and psychology. The show has over 150,000 downloads and amassed a worldwide audience. It is a long-form interview show and he has interviewed notable guests such as Fr. Josh Johnson, Jason Evert, Fr. Timothy Gallagher, Sr. Josephine Garrett, Bishop Bill Wack, Dr. Brant Pitre, Dr. Andrew and Sarah Swafford, Dr. Gregory Bottaro, Art and Laraine Bennett, and many others.

Dr. Sacasa has created two online courses. *Dating Well* takes young adults by the hand guides them through the challenges of the modern dating scene. *Overcoming Stress and Anxiety*, produced by Good Catholic Media, offers information and skills to beat anxious thoughts.

Dr. Sacasa travels the country offering lectures to dioceses, parishes, seminaries, and college campuses on the themes of dating, marriage, sexuality, and the misunderstood virtue of hope. He has been on faculty at Notre Dame Seminary, Divine Mercy University, and the Institute for Priestly Formation. He has lectured for national organizations: the Theology of the Body Institute, The National Catholic Singles Conference, CatholicMatch, and Together in Holiness Marriage Conference. His work has been featured on the *Good Catholic* platform, *Simply Catholic* website, *Ask Fr. Josh Podcast*, *Girlfriends Podcast*, and *The Gloria Purvis Podcast*. He is active on his social media platforms.

For leisure, Dr. Sacasa is an avid runner and hiker. His heart comes alive exploring mountains and national parks with his family. He watches way too many movies and spends way too much time thinking and talking about them with his kids. He enjoys watching his sons compete on the field or perform on the stage and cheering on his Chicago Bulls and Florida State Seminoles.

## **Abbreviated Bio**

Mario Sacasa, Ph.D. is the associate director of the Willwoods Community Faith and Marriage Apostolate. He is a licensed marriage and family therapist and has been in practice for over 15 years. Integrating the riches of the Catholic faith with sound counseling practice is the aim of his career and influences all his professional endeavors.

Dr. Sacasa is the host of *Always Hope*, a podcast providing solutions to life's challenges that are grounded in faith and psychology. He travels the country offering lectures on dating, marriage, sexuality, and the misunderstood virtue of hope. He is the creator of two online courses: *Dating Well*, which helps young adults navigate the modern dating scene, and *Overcoming Stress and Anxiety*, which offers clear guidance for beating stress in life.

Dr. Sacasa is married to his wife of 21 years, Kristin, with whom he shares the joy parenting their four sons.