CYCLICAL EUROPE
Counseling Center

cyclicaleurope@gmail.com
www.cyclicaleurope.com

Dear prospective client,

The Cyclical Europe Counseling Center offers individual online sessions for people seeking mental health counseling or leadership coaching. We are a group of experienced mental health and pastoral counselors serving cross-cultural workers, leaders, and faithful innovators through online or hybrid counseling services. It is our commitment that you will find Cyclical Europe to be a sacred and confidential space for your mental health and spiritual journey. Cyclical Europe provides individual counseling options, small group counseling options, or small group training options for cross-cultural workers or leaders. Our professional experience allows us to serve a range of needs for individuals, including TCK's (Third Culture Kids), families, and teams. We also provide trauma counseling.

The Cyclical Europe Counseling Center is a non-profit referral association that connects individual clients with Christian mental health professionals. While the Christian counselors and coaches affiliated with our counseling center are committed to our vision to provide affordable Christian counseling, these professionals provide counseling services through their own independent practices. The Cyclical Europe Counseling Center is limited to making referrals only. All responsibility for the provision and quality of counseling services rests solely with the individual mental health professional. Therefore, your counselor may also ask you to complete an additional contract as a client-counselor agreement.

Let us know how we can support you or those you serve.

How to get started:

- Read over the professional bios below. In your client information form (see link below), you can either request a specific counselor/coach or allow Cyclical Europe to designate a counselor or coach who can best serve you and your needs.
- Complete and submit your **Client Information Form**.
- Request a consultation for more information, if desired.
- Wait to hear from your counselor to schedule your first session.

If you have any questions, you can contact me via email or WhatsApp text.

Kind regards,

Lawrence Sharrett, M.Ed., M.Div., MSc.
Director, Cyclical Europe Counseling Center
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Counseling Team
Professional Bios



Thato Belang

Leadership & Authenticity Coach

Thato is a leadership development professional, and executive coach with 20 years of experience working at the intersection of personal development, social impact, and organizational change. She has supported leaders, students, executives, and community builders across Southern Africa in navigating seasons of transition, burnout, purpose-seeking, and cross-cultural complexity. With a calm, discerning presence, Thato helps individuals and teams reconnect with their inner clarity, emotional resilience, and spiritual grounding.

Her work spans diverse sectors—including corporate, nonprofit, government, and education—where she has designed and facilitated mentorship programmes, leadership development journeys, and faith-informed wellness initiatives. She is particularly passionate about creating brave and compassionate spaces for Black professionals, women in leadership, and emerging changemakers.

Thato's Christian faith is central to her identity and vocational calling. She draws strength from a deep belief in God's restorative love and the sacred potential within every person. Her approach integrates theological insight, reflective practice, and emotionally attuned listening to offer a holistic, Spirit-led journey of healing and growth.

Whether meeting one-on-one or in small group settings, Thato holds space with warmth, wisdom, and cultural sensitivity—always seeking to honour the story, complexity, and sacredness of each life she encounters.



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Brad Dixon

Licensed Clinical Social Worker

Bradley is a Licensed Clinical Social Worker who has been working in the mental health field for the past 14 years. He completed his master's degree in social work at The University of Texas in Arlington after obtaining his bachelor's degree in social work at Lubbock Christian University. Bradley went on to complete the Harvard Medical School training program in Global Mental Health and Refugee trauma in 2021 where he learned the importance of fostering a safe space and healing environment for trauma recovery.

Bradley has experience working in intensive outpatient mental health as well as inpatient and community-based treatment centers. He has facilitated group psychotherapy, individual counseling and in-home psychosocial rehabilitation. Bradley most recently spent 7 years overseas working with refugees and immigrants from the Middle East and North Africa who have experienced trauma. In his role overseas, he facilitated psychosocial support groups where he educated refugees on culture and transitions as well as trauma and stress. He also taught social skill groups to help refugees learn to cope with trauma, stress and transition.

Bradley is equipped to provide tools related to cognitive behavioral therapy, brief solution - focused therapy, positive psychology, and mindfulness practices as well as inner healing prayer. With a holistic approach, Bradley integrates these modalities to support individuals in navigating their emotional landscapes and fostering resilience. He emphasizes the importance of understanding and nurturing the inner child, helping clients reconnect with their authentic selves.

By combining techniques from various therapeutic frameworks, Bradley empowers clients to identify, and challenge limiting beliefs, cultivate self-compassion, and develop effective coping strategies for personal growth and healing.



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Anna Irwin

Licensed Professional Counselor

I believe every person has a unique story and deserves care that honors their individuality, experiences, and strengths. As a Licensed Professional Counselor, I bring over eight years of experience in community mental health, where I worked with individuals and families from diverse backgrounds and life experiences. I earned my undergraduate degree from Harding University and my Master's degree in Clinical Psychology from Wheaton College, where I also completed a post-master's certificate in trauma. After several years in community mental health, I stepped away from professional practice to raise my children, and in 2015, my family moved overseas, where we lived and served for nearly eight years before returning to the United States in 2023. These experiences have deepened my appreciation for the ways our stories, relationships, and transitions shape us.

I am currently licensed in both Oklahoma and Texas. In my current practice, I provide virtual counseling for adolescents, young adults, college students, and adults in all stages of life. I work with individuals navigating anxiety, depression, grief and loss, anger, life transitions, and other challenges, and I have a particular passion for working with Third Culture Kids (TCKs) and adult TCKs. My approach is collaborative, compassionate, and trauma-informed, drawing primarily from Cognitive Behavioral Therapy (CBT), Internal Family Systems (IFS), and solution-focused and brief therapy approaches. I strive to create a safe, welcoming space where clients feel heard and respected, while also offering gentle challenges that encourage growth and resilience.

At the heart of my work is a belief in hope and in God's capacity to bring healing and restoration, even in the midst of life's most difficult seasons. I believe that while our experiences shape us, they do not have to define our future. My hope is to walk alongside each client as they discover their strengths, develop new ways of understanding themselves, and move toward greater health, healing, and wholeness. Reaching out for counseling is an act of courage, and I consider it a privilege to support individuals as they take steps toward renewed hope, growth, and flourishing.



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Maia Ivanova

Mental Health Counselor

Born and raised in Bulgaria during Communism, Maia Ivanova played professional basketball in Bulgaria, Ireland, and South Africa. While in South Africa, where she lived for a decade, she began working with an international Christian sports organization, Athletes in Action. Her work focused on helping athletes become "Total Athletes" by understanding and integrating principles of life, sport, and faith for each athlete to reach his or her potential mentally, physically, and spiritually. Also coaching at the national level in South Africa and serving athletes at the Olympics, Maia learned the importance of helping athletes cope with the difficulties that come through a life of sports and performance pressure. She has grown in her own skills and passion for helping others do this well.

Maia completed two years of professional counseling training through a certificate program with Eirene Christian Counseling Center, a program in Bulgaria with a curriculum based on the British ethics for counselors and psychotherapy. Some of her training included the following courses: Being at Peace and Harmony with God; Human Development & Attachment; Boundaries & Love Matters; Building a Brain & Understanding Cortisol; Trauma Recovery (Treating Traumatic Memories, Gradual Exposure to Triggers, Managing Disclosure, Stages of the Healing Process); The Whole Child; Transactional Analysis; Cognitive Behavioral Therapy; Eating Disorders; Person-Centered Therapeutic Approaches.

Maia currently sees clients online. Her main areas of focus with clients include: helping clients understand triggers that contribute to broken relationships; improving relationships between teenagers and parents; supporting couples in their understanding of one another in marriage; athletes performing better by understanding how counseling can help them better deal with the pressures within themselves. Maia believes the Church and extremely spiritual people are way too quick to say, "Oh, just pray more and read your Bible more, and God will help you to get through it." Instead, she values the process of uncovering issues that faith may not easily notice. She values the intersection between Christianity, calling, and professional counseling, while believing there are many people who need help at different points in their spiritual journey as a Christian.

Currently based in Sofia, Bulgaria, Maia enjoys creating beauty by making welcoming spaces through design, decorations, and elegant flair. She is interested in the places where art and creative therapy can help people discover more about themselves. With an intentional Christian hospitality, Maia enjoys hosting and serving people through authentic presence and humor.

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Jennifer Lac

Co-director & Pastoral Leader, Cyclical Europe Faith Community; Facilitator of Grief Retreats and End-of-Life Grief Companion

Born in England, raised in Canada, and now living in France, Jen has developed a deep understanding of the dynamics of change, letting go, and renewal. Her inspiration to support individuals at the end of life or in bereavement came from accompanying a dear friend through her challenging illness and passing. The profound grief of that experience taught her the importance of not facing the end of life or grief alone.

Professionally, she has worked in community development, leadership training, integration services for refugees, and supporting individuals with rare diseases. Her background also includes studies in the arts and world religions, and she is trained in end-of-life and grief support through the Couleur Plume association.

Jen works in the areas of faith and other community development initiatives. She has a Master's Degree in Theology from the University of McGill in Montreal, Canada.

Along with her work, Jen is really interested in learning about what it takes to build strong neighborhoods and to increase awareness of environmental issues. For fun, she likes to paint, go out for dinner and read comedy novels. She recently moved from Toronto and now lives with her husband and three children in France.

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Katherine Long

Faith & Life Coach

Katherine specializes in trauma recovery, anti-trafficking, sexual addiction and intimacy issues and any unwanted behavior. She spent over a decade working internationally with human trafficking victims, shaping her passion for helping individuals heal from exploitation, betrayal trauma, and abuse. She holds a Master's in Counseling from Covenant Theological Seminary.

Her approach is compassionate and supportive, incorporating Dialectical Behavior Therapy (DBT) to help individuals and couples manage overwhelming emotions, improve relationships, and create meaningful change. Katherine works with both individuals and couples facing addiction, intimacy challenges, betrayal trauma, and recovery from trafficking or sexual abuse.

She commonly treats conditions such as Complex PTSD (C-PTSD), PTSD, and Generalized Anxiety Disorder (GAD). With her diverse international experience, Katherine connects deeply with clients from all backgrounds, guiding them toward resilience, healing, and a more fulfilling life.



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Courtney Sharrett

Psychologist

Graduating from The American College of Greece and earning a B.A. in Psychology with honors, Courtney is a candidate for professional license as a psychologist in Greece. Courtney believes it is essential to find the right support for the various mental health challenges we all can face in life. She believes that attention to mental health is not a passing trend, but it is a core need that deserves attention in everyday life because counseling benefits every person in different ways for the different seasons of life.

She continually seeks to further develop her knowledge of best practices and scientific research in the field of counseling psychology, particularly in the areas of trauma, anxiety, attachment theory, understanding somatic symptoms in the body and practices for recovery, cross-cultural adjustments and transitions, and the correlation between nutrition and mental health. Appreciating the connection between scientific evidence and everyday life, Courtney's research thesis explored the role of how sleep quality can reduce the effects of daily anxiety levels.

She desires to offer a safe space for processing the many difficulties of life through a client-centered, existential approach (this means you set the pace and focus). As an expat herself, she is particularly interested in supporting expat women as they navigate unique cross-cultural challenges. Additionally, having experienced significant wounding by the institutional church, she has the ability to empathize with those who have had painful experiences along their faith journeys as well. Originally from the United States, she is currently based in Eastern Europe while working with international clients. She is available to serve adult clients.

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Lawrence Sharrett

Mental Health Counselor & Leadership Coach; Director, Cyclical Europe Counseling Center

Originally from the United States, Lawrence is currently based in Athens, Greece. As a mental health professional, he works with mental health initiatives for individuals and for groups. With degrees in counseling psychology and psychotherapy, educational leadership, and theological studies, education has been an important part of his personal and professional journey.

With over 10 years of counseling experience in contexts ranging from hospitals to classrooms to online sessions, he provides counseling and coaching for adults, adolescents, or children, especially expats and expat families. His background includes work as a professional educator in international schools, a professional athlete in Europe, a pastoral counselor, a cross-cultural program coordinator, a mental health counselor in private practice, and a director for creative international mental health initiatives.

His professional counseling experience includes work with people in several areas: family background, identity development, emotional regulation, conflict and reconciliation, social and emotional leadership skills for youth, expat challenges, being a person of faith in post-faith contexts, acute or chronic stress along with anxiety and depression, accumulated grief from pain and loss in life, leaders seeking innovation support, and people wrestling with guilt and shame in life.

Additionally, he is a lifelong learner whose approaches as a counselor are person-centered, existential, and integrative, specifically seeking to empower clients toward innovation and creativity as they discover their way forward in life. He finds joy in the privilege and responsibility of walking alongside others as they grow personally or professionally.

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THE CYCLE OF MENTAL HEALTH AND LEADERSHIP GROWTH

The Cyclical Europe Counseling Center attempts to show the cycle of mental health and leadership growth that is possible through our anchoring Christian faith. However much life can feel out of control or chaotic, we can remain steady in our faith and know that 1) we are walking through trials like many who have gone before us and 2) there are resources around us and inside us that God can use to redirect and strengthen our steps. For we walk this journey of life by faith.



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Cyclical Europe exists to help Christians have mental health counseling support or leadership coaching support available to be well in Post-Christian contexts. Many people have either been wounded "by" the Church or "for" the Church. Being a person of Christian faith or living and working in a cross-cultural context are challenges in 21st Century Europe. Whatever your context, situation, or need, Cyclical Europe has a team of counselors and coaches who are available to confidentially support your walk and work as a person of faith and your overall wellness as a person.

IF YOU HAVE ANY QUESTIONS OR WANT TO LEARN MORE YOU CAN CONTACT US HERE OR EMAIL US AT: CYCLICALEUROPE@GMAIL.COM