



Rosario Counseling & Associates April 2013 E-News

The Journey to find God's calling



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"He has shown you, o mortal, what is good. And what does the Lord require of you? To act justly, and to love mercy and to walk humbly with your God."

-Micah 6:8

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My name is Sara Bukowski, and I am the newest counselor to join Rosario Counseling & Associates. I wanted to give a brief overview of my journey into the counseling field. I began my career working with juvenile delinquents in a residential setting. Having just completed a degree in criminal justice, my view of the world was black and white, right and wrong. As I got to know the adolescents I was working with, I learned their stories. I learned about the abuse and neglect. I learned that these tough, angry, and sometimes violent teenagers were also young, hurting, and helpless to stop the events going on around them. And I learned that my world was not black and white. I began to understand how these teenagers had learned to survive, and that the circumstances of their upbringings led to the emotional turmoil they felt now.

As my career shifted more into the mental health field, I began working with adults as well as continuing my work with children and adolescents. I had a clear understanding that we as human beings are often products of our experiences. The neglected, overlooked child has the foundation to grow into a distant, distrustful adult. And I realized that I wanted to help. I felt God calling me towards the hurting and confused. I felt drawn to working with not only those with big, traumatic experiences, but also the quietly hurting. I felt a need to support the weary stay-at-home mom as well as the abused teenager. I could feel Him preparing my heart to care for and counsel those that felt like their world was falling apart. This preparation continued as I was stretched and challenged throughout my coursework with Liberty University. I spent four years working with hurting and troubled teenage girls and their families at House of Hope of North Carolina, and became even more passionate about working to help restore peace and structure to a chaotic or broken home. While completing my counseling internship with Interact of Wake County, a center for victims of domestic violence and sexual assault, I felt the impact of the sheer magnitude of pain and suffering going on around me.

The depravity that fills the world we live in is overwhelming. Being surrounded by cruelty, addictions, and hopelessness, it is easy to become broken and beaten down. For some, their world has been filled with trauma, abuse, and addiction. For others, they are simply frazzled by the pace of life, and exhausted with their responsibilities. Everyone has a story, and that story deserves to be heard. I am confident that the Lord set my path years ago to lead me to a place where I would be equipped and prepared to care for, support, and counsel people from all walks of life. I am excited to begin a new journey with Rosario Counseling & Associates, and I look forward to answering the call through my counseling career.

If you would like to know more about my education and experience, please visit www.rosariocounseling.com and click on "Our Staff".

If you or someone you know would like to speak with one of our experienced counselors, please call us at (919) 649-5882.