

Peg Lanagan, Ph.D., LPC (Retired)



Mental
Health

CONSULTANT PEG LANAGAN, PH.D., LLC



Dr. Peg Lanagan is an award-winning mental health professional whose true calling came to her following 30 years of work in the field of psychotherapy. Today, her primary mission is to support the military by providing counseling services to service members and their families. Backed by 20 years of experience in outpatient psychotherapy and 10 years in psychiatric inpatient hospitals, she is tremendously equipped with the skills and temperament needed to work with severely injured service members whose lives have been permanently changed following their participation in the Iraq and Afghanistan wars. In addition to face-to-face interactions, she also offers over-the-phone counseling for free to those military service members who live too far away to travel to her office. Dr. Lanagan is also involved with her local community, where she trains the general public in the areas of health and wellness and volunteers her time to counsel local veterans with post-traumatic stress disorder. In short, Dr. Lanagan is committed to helping to bring normalcy and understanding to service members, and help them and their families cope with the events and circumstances that have led to their current conditions.

Before embarking on her journey to help those in the military, Dr. Lanagan was a Sister of Charity of Greensburg, PA, from 1956-1976. Through this organization, she taught in Arizona, Pennsylvania and Maryland, and served as a counselor at Holy Trinity High School in Washington, D.C. In addition, Dr. Lanagan was a weight loss consultant who worked with individuals looking for advisement on fitness, wellness, physical health and mental health. This area of her work was structured as an online training program designed to connect individuals across the country who were on the same path and journey to wellness. Dr. Lanagan provided webinars, online training resources and a support forum to facilitate wellness and help her clients achieve their goals.

To prepare for her career, Dr. Lanagan first built her own educational foundation. Following her undergraduate and graduate studies, she earned a Ph.D. in counseling theory and research from American University in 1979. She also attained a professional counseling license and a trauma professional certification to continue developing her skill set. To remain at the top of her field, Dr. Lanagan maintains affiliation with the Uniformed Services University and the International Association of Trauma Professionals. As she looks to the future, she intends to continue in her work with military service members with the hope of establishing a foundation for veterans to support their mental health needs.

SUCCESSFUL BECAUSE ...

Dr. Lanagan attributes her success to her commitment to help and serve people, especially the injured and dispossessed.

AWARDS:

In recognition of her professional excellence, Dr. Lanagan was a two-time fellowship recipient of 24 free credits per year and a \$2,000 research stipend from American University.

AREAS OF EXPERTISE:

- Counseling individuals with post-traumatic stress disorder and traumatic brain injury
- Advising individuals on various health and wellness concerns