

Sue Holyoke Johnston, MSW, LICSW, Wellness Counselor at the Faculty and Staff Assistance Program, is a licensed clinical social worker in the District of Columbia, Maryland and Virginia. She has a B.A. in psychology from Michigan State University and received her Master of Social Work degree from San Diego State University. She has her Professional Certification in Mind-Body-Spirit Medicine. Sue is a member of the National Association of Social Workers, the Greater Washington Society for Clinical Social Work, the Employee Assistance Professionals Association and the International Association of Employee Assistance Professionals in Education.

In her role as Wellness Counselor, Sue leads weekly, drop-in meditation sessions for faculty, staff and students at various campus locations. She teaches “Using Mind-Body Skills to Beat Stress and Be Well” and co-teaches “Stress Management” for the Training and Development, Professional Management Certificate Program. In addition, she teaches “Well-being for You and Your Patients” at the Georgetown University School of Medicine. Sue leads wellness groups for faculty and staff including the Health Improvement Project (HIP) and an eight-week, mind-body skills class. Sue counsels employees on personal wellness planning and she presents wellness programs at departmental meetings and retreats.

Sue is co-author with Deborah Kraut of *Pregnancy Bedrest: A Guidebook for the Pregnant Woman and Her Family*, (Henry Holt, 1990). She has appeared on CBS News Nightwatch as well as the Diane Rehm Show, Weekend Edition with Susan Stamberg, and the Georgetown Forum on National Public Radio.