

Leonard Szymczak, MSW, LCSW

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Leonard Szymczak, MSW, LCSW is an author, speaker, psychotherapist, and life coach. For the past 40 years he has worked both in Australia and America, counseling individuals, couples and families to resolve conflict. He was Director of the Family Therapy Program at the Marriage and Family Centre in Sydney, Australia, where he managed the counseling services and trained family therapists.

In Chicago, he coordinated a 24-hour Crisis Intervention Program with the Orland Park Police Department on the Southside of Chicago, where he assisted in resolving domestic disputes, parent-child conflicts, mentally ill crises, and suicide threats. He also debriefed officers during critical incidents involving traumas.

He later served as a senior affiliate therapist with the Family Institute at Northwestern University, where he counseled couples and families and taught the course, "Therapy with Men." For ten years, he wrote a monthly column for an Employee Assistance Program on a variety of issues, including mental health, personal growth, stress management, conflict resolution, and relationship building.

He is the author of *The Roadmap Home: Your GPS to Inner Peace*, an Amazon Bestseller, as well as the novel, *Cuckoo Forevermore*, a light-hearted satire on psychotherapy. He is a professional speaker and workshop presenter and maintains a counseling practice in Irvine and Dana Point, CA.

A licensed clinical social worker, Leonard draws upon his writing expertise in his therapeutic work by employing a narrative approach to therapy. He empowers individuals to overcome adversity and transform their lives by viewing themselves as the main character, or hero, in their personal stories. He helps them see conflict as an opportunity to reshape their stories and create inner peace.

Leonard is the proud father of two adult children.

For more information, visit his website, www.roadmaphome.com or www.leonardszymczak.com.