

Victory Vignettes

Teleios, Inc

Interviews with Shannon Walsh

Part 4 of a Series

Faith and Mental Wellbeing: is there a relationship? A therapist's viewpoint

An interview with Niro Feliciano, Co-Director,
Integrative Counseling & Wellness Group

From early on in life, Niro Feliciano remembers always wanting to help others. So, no one was surprised when after graduation from Mount Holyoke College and Columbia University she enrolled in medical school. But even Niro is amazed at how her life evolved from there. She does remember being the person in whom others would confide, a quality common amongst many therapists, so in retrospect

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perhaps it isn't too surprising that she felt God redirecting her away from medical school to a career in counselling.

As Co-Director of Integrative Counseling & Wellness Group in Wilton, CT, Niro has practiced for 11 years, in addition to being wife to a surgeon and mother to four active children. She is quick to describe the positive effects of religion on mental health which have been proven through her practice. She speaks about the difference in her sessions with Christians versus non-religious clients. Unsurprisingly, Christians do have problems, and Niro feels

About Teleios



Teleios uses scientific research methods to prove the goodness of the Bible and how it helps people. Teleios also conducts surveys to provide glimpses into current Christian thinking on a variety of interesting topics. Additionally, Teleios highlights worldwide victorious Christian news showing the positive results of a biblical lifestyle.

This series of interviews will provide glimpses of believers actively engaged in sharing the good news of Christ.

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that religious people have a stronger potential for healing, as it is “almost like you have a third party (i.e., God) involved in your sessions.”

Niro believes that starting each day with mindfulness and

consulting with some of their counselling cases. She also speaks at church a few times a year on issues involving faith and mental wellness. While she was not trained formally in theology or giving sermons, she

and openly sharing her relationship with God. Niro states that to do her work correctly within God’s will, “it is important to make the time to hear from God and be connected to Him. And then if you are willing He will work through you powerfully through opportunities that He orchestrates.”

Psalm 46:10

***"Be still, and know that I am God;
I will be exalted among the nations,
I will be exalted in the earth."***

meditation can greatly improve health and wellbeing, and cites research showing that eight minutes a day for eight months results in psychological benefits and physiological changes to the stress response. Meditation is completely supported in the Bible as “being still before God,” something that Niro has spoken about in her sermons. Niro also encourages people to make time each day to do things to refresh yourself, and to start talking to someone before life becomes too overwhelming.

Niro also combines her profession and faith by assisting her church, Walnut Hill Community Church, by

has been an active believer and her extensive acting experience in her early life prepared her to speak comfortably to large numbers of people. Additionally, she teaches Sunday School each week for children attending church, and she and her husband are involved in a small group through which they study scripture with Christian peers.



Niro is not shy about speaking about the gospel of Jesus Christ. She feels that the most effective way to share her faith is simply by talking about it with friends,



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