

LANA B. GILICH, MSW/LCSW, is a Licensed Clinical Social Worker. Lana obtained her Bachelor's Degree in Social Work at the University of Kentucky in 2020. She went on to earn her Master's Degree in Social Work through the Advanced Standing Program at the University of Kentucky in 2022. Lana has additionally worked for The Cabinet for Health and Family Services as part of the Protection and Permanency team as an investigator.

Lana believes in the power of collaboration and actively engages clients in their therapeutic journey. She is committed to fostering a safe and supportive environment where clients can explore their thoughts and feelings, set goals, and develop positive coping strategies. She hopes to help you enhance your capacity for introspection, reflection, and self-awareness to better understand and navigate your past, present, and future. Lana's goal is to leave you feeling empowered and hopeful in spite of hardships.

Lana currently provides child, adolescent, and adult therapy at Wilson Counseling. She is also certified as a Batterer Intervention Provider and leads both a Men's and Women's BIP Group. Lana's primary therapeutic approaches include Cognitive-Behavioral Therapy and Solution-Focused Therapy. In her free time, Lana enjoys eating Mexican food, watching true crime, being outdoors, and spending time with her friends and family.

Lana is looking forward to being a part of your journey toward healing and growth.