

LANA B. GILICH, MSW/CSW, is a Certified 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 in Kentucky as part of the Protection and Permanency team as an investigator. Lana is working toward LCSW licensure.

Lana believes in the power of the therapeutic relationship and genuinely values the importance of building rapport with her clients. She hopes to help you engage and 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. Lana launched a children's therapy group called Coping Skills 101 for Kids to help better serve the youth in our community. 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, she enjoys eating Mexican food, watching true crime, being outdoors, and spending time with her friends and family.