**Luba Rascheff**

**Luba Rascheff,** MDiv holds a Master

of Divinity from the Harvard

Divinity School. She is enrolled in

the Master of Pastoral Studies

(MPS) Program at Emmanuel

College, University of Toronto.

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Luba has been providing spiritual

care as a chaplain in Toronto,

Ontario for the past four years

in two retirement communities.

She has experience facilitating conversations that explore

emotions, family relationships,

fears, anxieties, and grief and loss.

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Luba is a compassionate listener

who provides person-centered

care. She uses Cognitive

Behavioural Therapy (CBT), Mindfulness, and Solution-Focused

Brief Therapy (SFBT) in her sessions.

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Luba is a blogger and an independently published author.

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