

Rewire.Restore.Rebuild.

9 Sessions

THE GROUNDED HEALING PATHWAY



This is your comprehensive, trauma-informed, identity-centered healing experience.



A deeper therapeutic pathway supporting long-term healing, integration, and sustainable emotional change through trauma-informed, evidence-based care.

Ideal For:

Long term emotional patterns
Life Transitions
Deep boundary work
Complex Trauma
Inner Child Healing
Post-separation or breakup recovery
Confidence + self worth rebuilding

What's Included:

- 1 Intake Session
- 8 Clinical Sessions
- Full trauma-informed treatment plan
- Purposed-based identity work
- Journaling homework + worksheets
- Personalized grounding + somatic tools
- "Reclaim Your Voice" affirmation deck (PDF)
- Final progress + maintenance plan

Choose Your Pathway

