

9 Sessions

Rewire. Restore. Rebuild.

# THE GROUNDED HEALING PATHWAY



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



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

#### **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**



Authentic Heart Behavioral Health & Wellness PLLC 708-414-7960

[www.authenticheart.care/therapy-services/therapy-pathways](http://www.authenticheart.care/therapy-services/therapy-pathways)