

Stabilize. Ground. Reset.

3 Sessions

# THE HEART RESET PATHWAY



A brief, focused therapy pathway designed to help stabilize emotional distress, increase grounding, and create an immediate sense of support.



Perfect for clients who need immediate clarity or support around a specific issue.

## *What's Included:*

- 1 Intake Session (assessment + goals)
- 2 Follow-Up Sessions (skills + plan)
- Personalized grounding + coping tools
- Emotional regulation strategies
- Mini-treatment plan
- Resource referral list

Choose Your Pathway



***Ideal For:***  
Acute stress  
Decision-making support  
Emotional overwhelm  
Relationship or life transition  
Postpartum check-ins

