

Stabilize. Ground. Reset.

3 Sessions

THE HEART RESET PATHWAY



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

Ideal For:

- Acute stress
- Decision-making support
- Emotional overwhelm
- Relationship or life transition
- Postpartum check-ins



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

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

