

6 Sessions

Heal the roots. Strengthen the core.

THE *RESTORE &* *RISE* PATHWAY



A deeper dive into long-standing emotional patterns, trauma responses, boundaries, and stress.

Ideal For:

Burnout
Boundaries + communication skills
Identity work
Trauma healing
Anxiety + emotional dysregulation
Relationship wounds



A medium-term therapy pathway focused on healing underlying patterns, strengthening emotional regulation, and restoring personal agency.

What's Included:

- 1 Intake Session
- 5 Clinical Sessions
- Personalized treatment plan
- Weekly action steps
- Coping toolkit (PDF)
- Between-session reflection prompts
- Progress review at session 6

Choose Your Pathway

