

**Services & packages offered at Holistic Mental Health Wellness Inc.**

**#1** **Spiritual Psychiatry/Therapy:**

**Psychiatric/therapy evaluation:** starts at $400 This includes medication management evaluation and therapy. 1 hr. session.

**Follow ups** start at $200 for one hour therapy and, or medication management (30 minutes).

Medication management alone (20 to 30 min) $200.

(#1 only available if you are in the state of Illinois).

**Awakening & Spiritual Healing trauma Coaching offered live and online, individual:**

**#2** $600 for one 2 hr. MER (MENTAL EMOTIONAL RELEASE) or 1 hour Psych-K session live or online & 1 hour of reiki, breathwork or meditation (done in conjunction or at a separate time, individualized)

**#3** starts at $3,000 for 3-month coaching.

This includes 1 MER session, or Psych K, 1 weekly coaching session of 30 min to 1 hr. sessions; using various other approaches to assist you on your journey. include NLP, EMDR, inner child work, parts integration etc. (individualized) 1 reiki session, 1 breathwork session, 1 meditation session.

**#4** starts at $4000 for #3 plus 3 additional 1 hr. coaching sessions which must be done within 6 mos. of initial MER encounter.

**Energy medicine:**

Reiki/Breathwork/mindfulness sessions starts at $ 120/1 hr session.

4 session package starts at $100/each.

All coaching packages include 1 monthly reiki session if you are in state of Illinois, otherwise a monthly 30-minute meditation session online.

All fees due upon scheduling 1st session.

If you choose #4

50% is due before 1st session, and the rest within 1st month.

**Experiential Groups focused on Body, Mind, Spirit healing and thriving: 1-2 hrs. long depending on group size 2 to 10 max, starts at $25 to $250/person.**

**Topics Individualized to the need of group**:

Some topics include:

#1 Recognizing Trauma & next steps

#2 Releasing Grief, Shame, Guilt

#3 fitness nutrition wellness

#4 Relationships how to Thrive in these

#5 Spirituality, the path to your deepest healing

#6 Expanding the “I AM”

**INDIVIDUAL in Depth Healing Immersion:**

This includes a 5 to 6 hr. session:

One 2 hr. MER (MENTAL EMOTIONAL RELEASE) session live or online & 1 hour of reiki, and or 1 hour of breathwork, and or 1 hour of meditation (individualized), and or yoga and processing.

Teaching you how to care for your body, mind, spirit as I help you understand the areas where you need most healing & support.

Lastly recommendation so you can decide on your next steps to reach your highest potential & alignment with your highest self! 🙏💚

**Personal training** 1 hr. sessions, which focuses on training one's body for wellness and optimal health. This starts at $130 and up/session.

**Understanding the Services Provided:**

**MER:** Mental and Emotional Release is a clinically researched approach to help you release stress, anxiety, fear and other negative emotions. You will be able to utilize MER to overcome procrastination, depression and phobias. Furthermore, MER therapy helps to release and overcome “stuck” emotions that limit us, like anger, sadness, guilt and hurt, both in the mind and body—since the two are intrinsically tied. The Mental Emotional Release process allows your mind and body to reprogram itself on a cellular level by releasing this negative “emotional baggage.”

**EMDR:** Eye Movement Desensitization and Reprocessing developed in the 1980s, mostly researched using war veterans. Eye movement desensitization and reprocessing (EMDR) therapy is a psychotherapy that uses rhythmic left-right (bilateral) stimulation to help people recover from trauma or other distressing life experiences.

Bilateral stimulation is used, along with focusing on the traumatic memory, is thought to reduce the memory's emotional impact. Then, you can begin to heal from the fear and pain associated with the trauma you experienced. Over time, exposure to these memories reduces or eliminates your negative response to them.

**Reiki:**

Reiki therapy is based on an Eastern belief that vital energy flows through your body. The idea is that a Reiki practitioner uses gentle touch -- or places their hands just above or ideally on your body -- to help guide this energy in a way that promotes balance and healing. Reiki is now used by a growing number of Americans to help with relaxation, anxiety, pain management & depression.

**Breathwork:**

Breathwork assists in putting the brakes on the sympathetic nervous system to improve acute stress responses improving mental, physical, and spiritual well-being.

 By eliciting the body's relaxation response, deep abdominal breathing helps reduce blood pressure and alleviate stress in all of our cells as a whole. Ongoing chronic stress is what leads to disease.

Like any practice, long term benefits are attained with regular practice. Illness is not an abrupt process it happened through accumulated physical, emotional, spiritual stress and these practices also require patience with yourself and time to heal.

**Yoga:** We use and teach this practice with the intention to help achieve peace – with ourselves and the external world that we inhabit. The spiritual aspect of yoga puts emphasis acquiring inner peace & clarity of mind and healing by learning to release blockages from the fascia thus the focus is less so on perfecting the posture; this is of secondary importance.

**Psych-K:** this type of therapy like NLP, MER, EMDR, works as a kind of 'mental keyboard'

which works by communicating with the subconscious mind. It works to transform stress, change unhelpful thinking patterns and make rapid and long-lasting change to your life. It’s noninvasive and requires less sessions than traditional western medicine, coaching approaches which tend to work with the conscious mind. PSYCH-K works directly with the subconscious mind which is our auto-pilot thoughts, and behaviors.

This is used in conjunction with our other methods to help you learn to rewrite the software of your mind, thus you can change the printout of your life!

**NLP: Neurolinguistic programming**

The methods of neuro-linguistic programming are the specific techniques used to perform and teach neuro-linguistic programming, which teaches that people are only able to directly perceive a small part of the world using their conscious awareness, and that this view of the world is filtered by experience, beliefs, values, assumptions, and biological sensory systems. NLP argues that people act and feel based on their perception of the world and how they feel about that world they subjectively experience. It has been used to assess and treat a variety of clinical symptoms, including depression, anxiety and stress. The difference between those who are successful and those who aren’t is that successful people are willing to do things that unsuccessful people brush off. NLP techniques are one of these things.

They’re a powerful way to change your mindset and your life, and you can start using them today!

Call, email, or text to schedule an appointment NOW!

Wishing you an abundance of   love, health, peace, joy & infinite happiness! 🙏🌬💚

Our mission: At HMHWINC, we provide a healing platform where we join you on your healing journey using various holistic therapeutic modalities to help you reach your highest potential to peak health, wellness and your highest self!

Owner& Founder

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