

## What Is Holistic Psychotherapy?



Holistic psychotherapy functions in the same way as traditional psychotherapy in that it treats psychological and emotional issues that manifest as trauma, depression, anxiety, addictions and related disorders.

What sets holistic psychotherapy apart is the manner in which it addresses these issues.

Holistic psychotherapists address the body, mind, and the client's spiritual orientation in their practices, rather than the traditional sole focus on the mind.

Pathways to the psyche are many, whether the focus is on the client's physical sensations, memories, thoughts, dreams, feelings, instincts, or behaviors.

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Holistic  
Psychotherapy



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## Working with Women

I work with women of all ages to help them overcome various challenges:

- Anxiety
- Body Image Distortions
- Childhood Abuse
- Depression
- Eating Disorders
- Food & Weight Issues
- Isolation & Withdrawal
- Low Self-Esteem
- People-Pleasing
- Relationship Issues
- Sexual Compulsions
- Shopping & Spending Issues



## Working with Couples

My specialty is working with interracial and interfaith couples. I can help with:

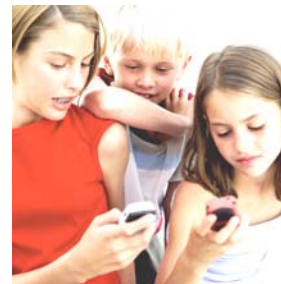
- Racial, ethnic, and/or religious differences
- Infidelity, affairs, and secrecy issues
- Parenting and child-rearing differences
- Pre-marital counseling
- Financial issues
- Differences in sex and desire
- Custody and separation issues
- Building trust and communication



## Working with Teens

I offer children a safe place to explore their feelings - both verbally and non-verbally. We talk about the stresses in their life - school, family, and friendships - explore the underlying beliefs about themselves and ultimately, they reach more adaptive and positive ways to be in the world.

Some of the issues I cover with teens are withdrawing, depression, self-esteem, anxiety, cutting, body image issues, self-mutilation, overeating, undereating, purging food, video game and internet overuse, perfectionism, failing grades, drug and/or alcohol abuse.



## About Laura

I am a graduate of JFK University's Counseling Psychology Program and am an MFT intern



(#52187) under the supervision of Marsha Hiller, MFC30216.

My experience includes leading a weekly women's group at the JFK Center for Holistic Counseling; working with children diverted from the justice system; and providing psychotherapy to clients.

My passion for my work combines my interests in the body/mind connection, my love of diverse cultures and cultural studies, and my fascination with human nature. I love what I do and truly respect my clients' willingness to bring their inner experiences to the forefront.

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