

inner work holistic wellness counseling

Inner Work: Holistic Wellness & Counseling - Your Journey to a Thriving Self

Are you feeling stuck, overwhelmed, or disconnected from yourself? Do you crave a deeper sense of purpose and well-being, but traditional approaches feel insufficient? Then you're in the right place. This comprehensive guide dives deep into the world of inner work holistic wellness & counseling, exploring how this powerful approach can help you unlock your full potential and live a more fulfilling life. We'll unpack the core principles, explore different modalities, and illuminate the path towards lasting transformation. Prepare to embark on a journey of self-discovery and healing.

What is Inner Work? Understanding the Holistic Approach

Inner work isn't just another self-help trend; it's a profound exploration of your inner landscape. It's about going beyond surface-level fixes and addressing the root causes of emotional, mental, and spiritual imbalances. Unlike traditional counseling that might focus solely on symptom management, inner work embraces a holistic perspective, considering the interconnectedness of your mind, body, and spirit. This means examining your beliefs, patterns, and behaviors to understand how they impact your overall well-being. It's a journey of self-awareness and conscious creation, empowering you to design a life aligned with your authentic self.

Key Components of Inner Work Holistic Wellness & Counseling

Inner work holistic wellness & counseling draws upon various modalities to achieve its transformative goals. Let's delve into some key components:

1. **Self-Reflection and Journaling:** This forms the bedrock of inner work. Regularly reflecting on your experiences, emotions, and thoughts through journaling allows you to gain clarity and identify recurring patterns. This process of introspection is crucial for self-understanding.
1. **Mindfulness and Meditation:** Cultivating mindfulness helps you become more present and aware of your thoughts and feelings without judgment. Meditation practices provide tools to quiet the mind, reduce stress, and connect with your inner wisdom.
1. **Shadow Work:** This powerful technique involves exploring and integrating the "shadow self"—the parts of ourselves we tend to repress or deny. By acknowledging and understanding

these aspects, we can release limiting beliefs and embrace our wholeness.

1. **Breathwork:** Breath is the life force, and conscious breathing techniques can profoundly impact our emotional and mental states. Breathwork practices can help release trapped emotions, reduce anxiety, and increase self-regulation.
1. **Somatic Experiencing:** This body-oriented approach addresses trauma and stress by releasing tension held within the body. By working with physical sensations, we can access and process unresolved emotional experiences.
1. **Energy Healing:** Various energy healing modalities, such as Reiki or Qigong, work with the body's energy field to promote balance and well-being. These practices can help clear energetic blockages and restore flow.

The Benefits of Embracing Inner Work

The rewards of committing to inner work holistic wellness & counseling are immense and far-reaching:

Increased Self-Awareness: Gain a deeper understanding of your thoughts, feelings, and behaviors.

Improved Emotional Regulation: Develop healthier coping mechanisms for stress and challenging emotions.

Reduced Anxiety and Depression: Address the root causes of mental health challenges.

Enhanced Self-Esteem and Confidence: Embrace your authentic self and cultivate a stronger sense of self-worth.

Improved Relationships: Build healthier and more fulfilling connections with others.

Greater Purpose and Meaning: Discover your life's purpose and live a more aligned and fulfilling life.

Increased Resilience: Develop the ability to bounce back from setbacks and challenges.

Enhanced Creativity and Productivity: Unlock your creative potential and achieve greater productivity.

Finding the Right Inner Work Practitioner

Choosing the right practitioner is crucial for a successful journey. Look for someone who resonates with your values and whose approach aligns with your needs. Consider their experience, qualifications, and the modalities they offer. Don't hesitate to schedule consultations with several practitioners before making a decision. A strong therapeutic alliance is essential for effective inner work.

Integrating Inner Work into Your Daily Life

Inner work isn't a one-time event; it's a continuous process of growth and evolution. Integrate practices like mindfulness, journaling, and self-reflection into your daily routine to cultivate a consistent inner practice. Even small, consistent efforts can yield significant long-term benefits.

Conclusion: Embark on Your Journey of Self-Discovery

Inner work holistic wellness & counseling offers a powerful path towards self-discovery, healing, and lasting transformation. By embracing this holistic approach, you can unlock your full potential and create a life filled with purpose, joy, and well-being. The journey may require courage and commitment, but the rewards are immeasurable. Start your journey today, and discover the incredible person you are meant to be.

FAQs

1. Is inner work right for everyone? Inner work can benefit a wide range of individuals seeking personal growth and healing. However, it might not be suitable for everyone, particularly those experiencing severe mental health crises. It's always advisable to consult with a mental health professional to determine the best course of action.
1. How long does inner work take? The duration of inner work varies greatly depending on individual needs and goals. Some individuals may experience significant shifts in a relatively short period, while others may require a more extended commitment.
1. What if I don't see immediate results? Inner work is a process, and it's important to be patient and consistent with your practice. Results may not be immediate, but with sustained effort, you're likely to experience positive changes over time.
1. Can inner work help with specific issues like trauma or anxiety? Yes, inner work modalities like somatic experiencing and mindfulness can be particularly helpful in addressing trauma and anxiety. However, it's important to work with a qualified practitioner who has experience in these areas.
1. How much does inner work holistic wellness & counseling cost? The cost of inner work services varies depending on the practitioner, their experience, and the type of services offered. It's essential to inquire about fees upfront to ensure it aligns with your budget.

inner work holistic wellness counseling: How to Do the Work Dr. Nicole LePera, 2021-03-09 #1 NEW YORK TIMES BESTSELLER · INSTANT INTERNATIONAL BESTSELLER From Dr. Nicole LePera, creator of the holistic psychologist—the online phenomenon with more than two million Instagram followers—comes a revolutionary approach to healing that harnesses the power of the self to produce lasting change. As a clinical psychologist, Dr. Nicole LePera often found herself frustrated by the limitations of traditional psychotherapy. Wanting more for her patients—and for herself—she began a journey to develop a united philosophy of mental, physical and spiritual wellness that equips people with the interdisciplinary tools necessary to heal themselves. After experiencing the life-changing results herself, she began to share what she'd learned with others—and soon “The Holistic Psychologist” was born. Now, Dr. LePera is ready to share her much-requested protocol with the world. In *How to Do the Work*, she offers both a manifesto for SelfHealing as well as an essential guide to creating a more vibrant, authentic, and joyful life. Drawing on the latest research from a diversity of scientific fields and healing modalities, Dr. LePera helps us recognize how adverse experiences and trauma in childhood live with us, resulting in whole body dysfunction—activating harmful stress responses that keep us stuck engaging in patterns of codependency, emotional immaturity, and trauma bonds. Unless addressed, these self-sabotaging behaviors can quickly become cyclical, leaving people feeling unhappy, unfulfilled, and unwell. In *How to Do the Work*, Dr. LePera offers readers the support and tools that will allow them to break free from destructive behaviors to reclaim and recreate their lives. Nothing short of a paradigm shift, this is a celebration of empowerment that will forever change the way we approach mental wellness and self-care.

inner work holistic wellness counseling: Creating Relationship Wellness Stephanie Wijkstrom, 2021 Mindfulness for your marriage is a tool book to be used by couples who want to gain the skill of relationship wellness. Each chapter offers evidence-based, and therapist verified techniques to gain insight into yourself and your partners world. Mindfulness for your marriage offers skills-based interventions that draw upon the fields of mindfulness and behavioral psychology, both recognized as pathways to enrichment. Each segment of this text builds upon the previous in an effort to lead the reader toward a mastery of relationship wellness. Divorce, separation, or disconnection do not always need to be the solution, a new approach to your problems will empower your path to reconnection. Prepare to break down specific methods of mindfulness and apply them during each chapter's exercises as you practice to enhance your relationship. Each segment ends with practical exercises to do together or independently. In this unique text, you are offered thoughtful meditations that make relationship improvement understandable and easy. The writer houses an intimate understanding of human emotions and connections that she intersects in a meaningful way. It is not necessary to wait to improve your love until it is ailing, but here and now, relationship enhancement is offered as a preventative strategy in the attainment of interconnected wellbeing.

inner work holistic wellness counseling: Wellness Counseling Paul F Granello, 2013-04-09 This is the eBook of the printed book and may not include any media, website access codes, or print supplements that may come packaged with the bound book. Developed by a professor who has been teaching a popular and innovative wellness counseling course for over a decade, this new text is organized into a format specifically designed to meet the needs of both counselor education graduate students and their teachers — making both teaching and learning the material easier and more intuitive. Giving a general but comprehensive overview of the subject of wellness, *Wellness Counseling* offers students a compelling balance of the science and research in the field, the theories that have emerged from this research, and the practical applications that we can take away from practicing these theories. Holistic, scientific, and ultimately concerned with the humanity of counseling, this text strives to be inclusive — especially of the psychological and social aspects of

wellness that have gained more attention in recent years. The book is organized in three main sections. While Section One is concerned with the background of wellness as a healthcare paradigm in the United States and major theories of wellness, and historical context for wellness, Section Two contains specific information on the social, physical, emotional, and cognitive domains of wellness. The last main section of the book synthesizes the first two sections of the book to extract practical applications of wellness in behavioral healthcare intervention counseling.

inner work holistic wellness counseling: *Counseling for Wellness* Jane E. Myers, Thomas J. Sweeney, 2005 Destined to become a classic in the field, *Counseling for Wellness* presents a research-based model for improving physical and mental health and well-being. Twenty-eight experts provide life-enhancing counseling applications for diverse client groups, which can be used in schools, mental health agencies, counselor education programs, and business and industry. Wellness measurement, formal and informal assessment techniques, and future directions for research are discussed in detail.--Amazon.com.

inner work holistic wellness counseling: *Internal Family Systems Therapy* Richard C. Schwartz, 2013-09-18 This book has been replaced by *Internal Family Systems Therapy*, Second Edition, ISBN 978-1-4625-4146-1.

inner work holistic wellness counseling: *Wellness Counseling* Jonathan H. Ohrt, Philip B. Clarke, Abigail H. Conley, 2018-12-28 This innovative text presents a comprehensive review of the theoretical and empirical support for a wellness approach to counseling with current techniques for client assessment, case conceptualization, treatment planning, and intervention. The authors provide holistic strategies for wellness promotion with children, adolescents, and young, midlife, and older adults, as well as in counseling with groups, couples, and families. Each chapter includes reflection questions, learning activities, and resources to deepen readers' understanding of the content and application to practice. Wellness boosters offer quick methods for clients and counselors to increase their domain-specific and overall well-being. In addition, experienced counselors share their personal experiences implementing wellness interventions in Practitioner Spotlight vignettes. A chapter on counselor self-care completes the book. Requests for digital versions from ACA can be found on www.wiley.com. To purchase print copies, please visit the ACA website. Reproduction requests for material from books published by ACA should be directed to publications@counseling.org

inner work holistic wellness counseling: *Homecoming* John Bradshaw, 2013-04-24 In this powerful book, the #1 New York Times bestselling author of *Reclaiming Virtue* shows how we can learn to nurture our inner child and offer ourselves the good parenting we needed and longed for. Are you outwardly successful but inwardly feel like a big kid? Do you aspire to be a loving parent but too often "lose it" in hurtful ways? Do you crave intimacy but sometimes wonder if it's worth the struggle? Are you plagued by constant, vague feelings of anxiety or depression? If any of this sounds familiar, you may be experiencing the hidden but damaging effects of a painful childhood—carrying within you a "wounded inner child" who is crying out for attention and healing. John Bradshaw's step-by-step process of exploring the unfinished business of each developmental stage helps us break away from destructive family rules and roles, freeing ourselves to live responsibly in the present. Then, says Bradshaw, the healed inner child becomes a source of vitality, inviting us to find new joy and energy in living. *Homecoming* includes a wealth of unique case histories and interactive techniques, including questionnaires, guided meditations, affirmations, and letter-writing to the inner child. These classic therapies, which were pioneering when introduced, continue to be validated by new discoveries in attachment research and neuroscience. No one has ever brought them to a popular audience more effectively and inspiringly than John Bradshaw.

inner work holistic wellness counseling: *Seed Thoughts for Loving Yourself* Suzanne E. Harrill, 2007-09-01 A daily affirmation book to build awareness and spark the inner journey, *Seed Thoughts for Loving Yourself*, is a guide for healing low self-esteem and updating one's belief system. Passages are a quick read revealing significant psychological and spiritual truths. Included is a self-esteem inventory (self-test), 12 Steps of AA rewritten for building self-esteem, lists of Signs

of High Self-Esteem, and The Acorn Analogy. Seed Thoughts creates a new foundation for one's life by repatterning limiting beliefs, updating them to higher truths to support a healthy lifestyle and build a better future.

inner work holistic wellness counseling: Black Therapists Rock Deran Young, 2018-05-28 The black community is often thought of as an ongoing saga of reliance, incredible strength, and perseverance, in spite of a brutally harsh past. However, the obvious connection between mental health and racial oppression, health disparities, cultural differences, societal factors, poverty, and reduced quality of life, often goes unspoken. Thousands of black people are suffering in the shadows while making every attempt to be seen. Although there is no single narrative, mental health and psychosocial wellness underpin many of the challenges experienced by black people. Black Therapists Rock has become a movement that is passionate about loudly speaking our varied truths to begin the healing of emotional wounds that are multiple generations deep. Although we may not be the cause of this deep-seated pain, it is ours to bear and soothe. The professional perspectives shared in this book strive to inspire hope, beyond the divorce courts, housing developments, emergency rooms, domestic violence shelters, broken homes, jails/prisons, homeless centers, welfare offices, or foster care systems. NONE of us are immune. Statistically, we all have at least one relative that has experienced one or more of these situations. And now, with our #villagementality, we can offer an honest and true source of healing; with compassion, forgiveness and genuine connection for ourselves and others.

inner work holistic wellness counseling: Healing the Heart of Trauma and Dissociation with EMDR and Ego State Therapy Carol Forgash, LCSW, BCD, Margaret Copeley, MEd, 2007-12-17 This read truly does have something for everyone who works with trauma and dissociative processes. --American Journal of Clinical Hypnosis This volume, which takes a multi-perspective approach to the practice of EMDR and Ego State Therapy, presents a wide variety of ways to integrate these two therapies, both with each other and with other complementary methods in the treatment of trauma and dissociation. --European Association for Body Psychotherapy EMDRIA has approved this book for a Distance Learning Book Course for 8 EMDRIA credits. This book pioneers the integration of EMDR with ego state techniques. and opens new and exciting vistas for the practitioners of each. --From the foreword by John G. Watkins, PhD, founder of ego state therapy This read truly does have something for everyone who works with trauma and dissociative processes. --American Journal of Clinical Hypnosis The editors have gathered many experts in the field who explain in clear informative ways how to expand the clinician's abilities to work with this terribly injured population. This book blends concepts from neurobiology, hypnosis, family systems theory and cognitive therapy to enhance treating this population. It is a well written book that the novice as well as the seasoned clinician can benefit from. --Mark Dworkin, author of EMDR and the Relational Imperative [This book] conveys complex concepts that will be of interest to seasoned therapists... with a clarity that will appeal to the novice as well. This is really a wonderful text with many excellent ideas and I highly recommend it to anyone who treats trauma. --Sarah Chana Radcliffe, M.Ed., C.Psych.Assoc. Author, Raise Your Kids without Raising Your Voice I believe that this book is a significant contribution to the fields of psychology and EMDR. It is the first of its kind... anyone who reads this will gain greater confidence in using EMDR and ego state therapy with highly dissociative and complicated clients. --Sara G. Gilman, in Journal of EMDR Practice and Research, Volume 3, 2009 This is a book about polypsychism and trauma. It offers a number of creative syntheses of EMDR with several models of polypsychism. It also surveys and includes many other models of contemporary trauma theory and treatment techniques. The reader will appreciate its enrichment with case examples and very generous bibliographic material. If you are a therapist who works with patients who have been traumatized, you will want this book in your library. --Claire Frederick, MD, Distinguished Consulting Faculty, Saybrook Graduate School and Research Center Training in EMDR seems to have spread rapidly among therapists in recent years. In the process, awareness is growing that basic EMDR training may not be adequate to prepare clinicians to effectively treat the many cases of complex trauma and dissociation that are likely to be encountered in general practice.

By integrating it with ego state therapy, this book may just serve as a crucial turning point in the development of EMDR by providing a model for productively applying it to the treatment of this important and sizeable clinical population. --Steven N. Gold, PhD, President Elect, APA Division of Trauma The powerful benefits of EMDR in treating PTSD have been solidly validated. In this groundbreaking new work nine master clinicians show how complex PTSD involving dissociation and other challenging diagnoses can be treated safely and effectively. They stress the careful preparation of clients for EMDR and the inclusion of ego state therapy to target the dissociated ego states that arise in response to severe and prolonged trauma.

inner work holistic wellness counseling: *Heal from Within* Katie Beecher, 2022-02-15 Take control of your own health using this inspirational and empowering guide to true, holistic healing. In *Heal from Within*, internationally recognized medical intuitive and licensed professional counselor Katie Beecher shares a revolutionary, step-by-step approach to physical, emotional, and spiritual health. Using some of the same tools and exercises that Katie uses in her acclaimed medical and spiritual intuitive readings, the reader will be taught how to access their own intuition and spiritual guidance as they move towards healing that encompasses body, mind, and soul. With information from her spiritual guides and thirty years of experience, Katie guides readers to inventory their physical and emotional health, identify their key issues and the possible emotional, physical and spiritual contributing factors, then develop a strategy to permanently heal the root causes. The book includes inspirational stories about Katie's discovery and development of her spiritual abilities and healing from an eating disorder, depression, trauma and Lyme disease as well as detailed accounts of the healing journeys of many of her clients. The second part of the book includes a comprehensive glossary of specific conditions along with tailored treatment suggestions. Filled with practical advice—from suggestions for supplements to exercises, mantras, and dialogue prompts —*Heal from Within* empowers readers to confidently take control of their own wellness and become their own medical intuitive.

inner work holistic wellness counseling: *Enemies of the Heart* Andy Stanley, 2011-06-21 CBA BESTSELLER • Break free from the destructive power of guilt, anger, greed, and jealousy. Includes a six-week discussion guide. "Andy Stanley touches the right nerve at the right time."—Shaunti Feldhahn, bestselling author of *For Women Only* and *For Men Only* Divorce. Job loss. Estrangement from family members. Broken friendships. The difficult circumstances you are dealing with today are likely being fed by one of four emotional forces that compels you to act in undesirable ways, sometimes even against your will. Andy Stanley explores each of these destructive forces—guilt, anger, greed, and jealousy—and how they infiltrate your life and damage your relationships. He says that, left unchallenged they have the power to destroy your home, your career, and your friendships. In *Enemies of the Heart*, Andy offers practical, biblical direction to help you fight back, to take charge of those feelings that mysteriously control you, and to restore your broken relationships. Previously released as *It Came from Within*

inner work holistic wellness counseling: *Navigating Reading, Listening And Seeing Therapy Work For All Walks Of Life* Laurence Donelson III, 2024-04-14 *Navigating Reading, Listening And Seeing Therapy Work For All Walks Of Life*

inner work holistic wellness counseling: *Integrating Traditional Healing Practices Into Counseling and Psychotherapy* Roy Moodley, William West, 2005-04-20 This book seeks to define, redefine and identify indigenous and traditional healing in the context of North American and Western European health care, particularly in counseling psychology and psychotherapy.

inner work holistic wellness counseling: *Our Inner Ocean* LeCain W. Smith, 2014-08-12 This book describes ancient and new holistic modalities of practitioner-applied bodywork and revitalizing self-care practices that illuminate our human potential and awaken our ability to attain and maintain perfect health and well-being.

inner work holistic wellness counseling: *No Bad Parts* Richard Schwartz, Ph.D., 2021-07-06 Discover an empowering new way of understanding your multifaceted mind—and healing the many parts that make you who you are. Is there just one "you"? We've been taught to believe we have a

single identity, and to feel fear or shame when we can't control the inner voices that don't match the ideal of who we think we should be. Yet Dr. Richard Schwartz's research now challenges this "mono-mind" theory. "All of us are born with many sub-minds—or parts," says Dr. Schwartz. "These parts are not imaginary or symbolic. They are individuals who exist as an internal family within us—and the key to health and happiness is to honor, understand, and love every part." Dr. Schwartz's Internal Family Systems (IFS) model has been transforming psychology for decades. With *No Bad Parts*, you'll learn why IFS has been so effective in areas such as trauma recovery, addiction therapy, and depression treatment—and how this new understanding of consciousness has the potential to radically change our lives. Here you'll explore:

- The IFS revolution—how honoring and communicating with our parts changes our approach to mental wellness
- Overturning the cultural, scientific, and spiritual assumptions that reinforce an outdated mono-mind model
- The ego, the inner critic, the saboteur—making these often-maligned parts into powerful allies
- Burdens—why our parts become distorted and stuck in childhood traumas and cultural beliefs
- How IFS demonstrates human goodness by revealing that there are no bad parts
- The Self—discover your wise, compassionate essence of goodness that is the source of healing and harmony
- Exercises for mapping your parts, accessing the Self, working with a challenging protector, identifying each part's triggers, and more

IFS is a paradigm-changing model because it gives us a powerful approach for healing ourselves, our culture, and our planet. As Dr. Schwartz teaches, "Our parts can sometimes be disruptive or harmful, but once they're unburdened, they return to their essential goodness. When we learn to love all our parts, we can learn to love all people—and that will contribute to healing the world."

inner work holistic wellness counseling: Wellness-Based Addictions Counseling Philip B. Clarke, Todd F. Lewis, 2023-12-22 This book presents a culture change in addictions treatment that places wellness at the forefront of relapse, addiction, and recovery. The authors introduce a wellness-based conceptualization of addiction and recovery including the wellness model that grounds Wellness-Based Addictions Counseling (WBAC) and the techniques of this approach. Wellness-Based Addictions Counseling advocates for wellness as the primary variable in addiction and recovery outcomes, presents a wellness-based model of addiction and recovery, and highlights techniques for unlocking the motivational and strength-based aspects of this approach. Specifically, the authors provide wellness questions and screening tools to incorporate into the clinical evaluation and structure for creating a wellness plan and family wellness plan for the client's loved ones. Readers will learn numerous wellness-based techniques related to the mind, body, spirit, emotions, and connection that can prevent relapse and facilitate well-being. All WBAC interventions are grounded in developmental, culturally responsive, and strength-based perspectives. *Wellness-Based Addictions Counseling* is essential reading for professionals who provide addictions treatment and counseling as well as scholars who conduct writing and research on addiction.

inner work holistic wellness counseling: Inner Journeying Through Art-Journaling Marianne Hieb, 2005-08-26 *Inner Journeying Through Art-Journaling* introduces a holistic journaling process that combines art, art therapy, design theory and spiritual direction in order to attain personal balance, awareness of one's own inner processes, resolution of internal conflicts and enhanced wellness. The book guides the reader through the process of creative journaling and presents the key elements of the technique. Case studies and art journals of Marianne Hieb's own clients and retreat participants show the effectiveness of journaling as a therapeutic intervention and as a meditative tool. *Inner Journeying Through Art-Journaling* will be of significant use to anyone interested in holistic healing, and of special interest to arts therapists, counsellors, spiritual directors, and anyone dealing with people who are encountering loss, grief, resistance, or discernment issues. It will also be helpful for the individual looking to add holistic journaling to his or her own meditation, prayer, or inner exploration practice.

inner work holistic wellness counseling: Secrets Kill Carmen Haskins, 2020-12-04 *Secrets Kill: Come out of the Darkness* is a true story of a young woman's journey out of the darkness that follows being sexually abused as a child. This book takes you into the mind of someone who had

been abused, allowing you to feel what she felt and understand her thoughts. Not only was she abused as a child but she was also revictimized multiple times as a young adult. Feeling alone and confused, Carmen had to figure out how to heal and move forward in life to stop the continued cycle of abuse. Now that she has, she wants to share those tips with everyone in need of them.

inner work holistic wellness counseling: Trauma Counseling Lisa Lopez Levers, 2012-03-15 Print+CourseSmart

inner work holistic wellness counseling: The Inner Marriage Elliott Saxby, 2022-11-08
How to integrate and evolve your inner masculine and feminine • Explains polarity work as a tool to heal trauma, become less judgmental, and develop a more integrated relationship with ourselves and others • Explores 44 common traits of mature and immature masculine and feminine expressions, explaining how to evolve unhealthy expressions into healthy ones • Offers simple yet profound methods for evolving your inner masculine and feminine, as well as healing the shadow Polarity work allows us to balance, evolve, and integrate the masculine and feminine energies within our personality to create an inner union that supports the release and transformation of trauma on the cellular and soul level. It is a holistic practice that leads to the embodiment of both what we choose and who we really are. Fusing ancient Vedic knowledge and Western psychology with Tantric and Taoist wisdom, Elliott Saxby offers simple yet profound methods for evolving our inner masculine and feminine as well as healing the shadow side of these expressions. The Inner Marriage explores sexuality and desire through polarity work and the need to realign our physical, mental, and emotional bodies to generate power through our sexuality. Using the polarity framework in relation to universal laws, this practical guide offers maps and exercises that invite us to evolve, harmonize, and integrate opposing energies. An invaluable tool in integrative and non-dual therapy and the development of emotional intelligence.

inner work holistic wellness counseling: How to Succeed in Therapy Jared Scherz, 2015 This book can help you understand the complex systems, processes, and nuances of the things to know as you consider therapy to help improve your life.

inner work holistic wellness counseling: Soul Silence Peter Amato, 2010-11 The millions of recovering addicts who attend Twelve Step programs around the world each day for issues ranging from alcoholism to overeating, codependence, gambling, and even chronic lateness quickly learn that sobriety and abstinence hinge on a decision to turn over their will and life to a Power greater than themselves. They also learn, through the program's 11th Step, that prayer and meditation are vital tools for making this conscious contact with a Higher Power of their understanding.

inner work holistic wellness counseling: I AM: Unlocking Your True Self & How To Live With Purpose, Joy, Passion, Health and Power Vjaughn Ingraham, 2022-08-31 This book discusses ways we can improve our lives and health, as well as finding purpose and shifting our awareness and perspectives of existence itself. Throughout the chapters you will see many strategies and tips on how the world around us operates and how we should strive to operate as eternal minds in human beings. Our health and wellness is extremely vital to the overall success and fulfillment of life itself, with ways we can see better individuals and communities. The main chapters go over topics such as positivity, beliefs, health, peace, love, power, community and purpose. This piece combines the worlds of science, health and spirituality all in one, in a unique and intriguing way to fit the interest of everyone and allow everyone to see different perspectives or perceptions of truth. After reading you will leave with tools to help improve your lifestyle habits, self awareness, peace and love life, environment, engagement, belief systems, health status, and outlook on existence.

inner work holistic wellness counseling: Healing Justice Loretta Pyles, 2018 Healing Justice offers a framework and practices for change makers who want to transform oppression, trauma, and burnout. Concerned with both the possibilities and limits of mindfulness and yoga for self-care, the book attends to the whole self of the practitioner, including the body, mind-heart, spirit, community, and natural world.

inner work holistic wellness counseling: Our Inner Ocean LeCain W. Smith, 2014-08-12 Good health is something we all aspire to, but its so much more than just being free of disease. A

perfectly functioning body, tranquil mind, and vibrant spirit working together harmoniously create the joy and happiness that put the good in good health and the worth into a life worth living. Our Inner Ocean describes ancient and new holistic modalities of practitioner-applied bodywork and revitalizing self-care practices. These illuminate our human potential and awaken our ability to attain and maintain perfect health and well-being. These modalities act as a springboard from which to dive into our inner ocean—the realm of wisdom within that is entered by making the body, breath, and energy our allies. This mystical space of awareness, intuition, peace, and love can become the resting place of the spirit, subtly working its magic on ourselves and others. Bodywork has long been recognized as a way to help people feel better physically, but the magic of touch can also help us tap in to the wisdom of the body, discover the power of the energy that permeates it, and evoke its innate healing ability. Self-care practices such as yoga, qi gong, breathwork, and meditation help us become our own healers. When we pass through these portals into the inner ocean, we can reduce stress and pain, release blockages, prevent and resolve dysfunctions, and ignite our spiritual nature. And in doing so, we make the world a better place.

inner work holistic wellness counseling: Strengths-Based Therapy Elsie Jones-Smith, 2013-01-09 Combining both the theory and practice of strengths-based therapy, Elsie Jones-Smith introduces current and future practitioners to the modern approach of practice—presenting a model for treatment as well as demonstrations in clinical practice across a variety of settings. This highly effective form of therapy supports the idea that clients know best about what has worked and has not worked in their lives, helps them discover positive and effective solutions through their own experiences, and allows therapists to engage their clients in their own therapy. Drawing from cutting-edge research in neuroscience, positive emotions, empowerment, and change, Strengths-Based Therapy helps readers understand how to get their clients engaged as active participants in treatment.

inner work holistic wellness counseling: The Noble Art Tiffany Lazic, 2021-10-08 An Alchemical Journey to Harmony and Healing The Noble Art provides spiritual, psychological, and energetic tools for reclaiming your essence through the stages and seasons of life. Each spoke of the Wheel of the Year represents an opportunity for transformation. Tiffany Lazic provides meditations, inner workings, and rituals that invite you to drop into the landscape of your unconscious and restore your light. Explore how Hermetic principles can be utilized to reflect your highest potential. Engage in powerful rituals for planting seeds of intention and overcoming shame and emotional blocks. This book also offers recommendations for stones, chakras, and affirmations that deepen your healing work and further support the transmutation of shadow into light. The Noble Art provides a hands-on approach to build your foundation in Hynni Energy Healing, which Lazic introduced in her previous book, The Great Work. Hynni actively weaves Earth cycles into relationship with higher vibrational energies, providing an effective tool for healing blocked energy and pain as you make your soul whole again.

inner work holistic wellness counseling: The Psychology of Spas and Wellbeing Jeremy McCarthy, 2013-09-18 The Psychology of Spas and Wellbeing is the culmination of years of research in psychology, positive psychology, and the science of holistic wellbeing. The spa industry markets itself as offering holistic wellness through a variety of services intended to enhance wellbeing across body, mind and spirit. This book explores the science behind the claims of the spa industry and looks for possible applications to enhance the impact of a spa as a center for holistic healing. This book is intended for: - Spa and holistic healing professionals who want to use the latest science to deepen their impact on human wellbeing. - Healthcare professionals who want to learn more about a holistic approach to wellness. - Anyone interested in a comprehensive review of the scientific literature on holistic wellness. In this book, readers will learn: - The history, philosophy and culture of the world of spas and its role in modern society - How to approach human wellbeing holistically, considering body, mind and spirit and the interactions between these domains - The psychology of the spa experience and the links between psychological wellbeing and health - The latest research from the field of positive psychology and how it can be applied in a spa or other center for health and

wellness - An overview of the research on stress and stress relief, the number one reason consumers visit spas - The elements of a healthy spa lifestyle and the latest research on behavior modification and positive lifestyle change The spa industry has a rich history and culture of holistic healing, but lacks a foundation in science. Modern medicine and healthcare is informed by the science of recent decades but ignores the holistic nature of human wellbeing. This book explores the latest scientific research in wellbeing to assess the evidence of the spa industry's impact on health and to explore applications and interventions that could be used to create a new, more effective healing institution that combines the best of science and philosophy.

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