



STAGES OF HEALING



STABILIZE

Establish safety and learn coping skills to manage overwhelming emotions and create a foundation for healing.



PROCESS

Work through traumatic experiences in a supportive environment, understanding their impact and finding meaning.



GROW

Rebuild your sense of self, develop healthier relationships, and discover new strengths as you thrive beyond trauma.



ABOUT US

Healing Pathways Counseling and Consulting is a specialized trauma and crisis center. Our experienced team provides compassionate, evidence-based care to support healing and recovery. We're committed to fostering resilience and hope in our community..

CONTACT US



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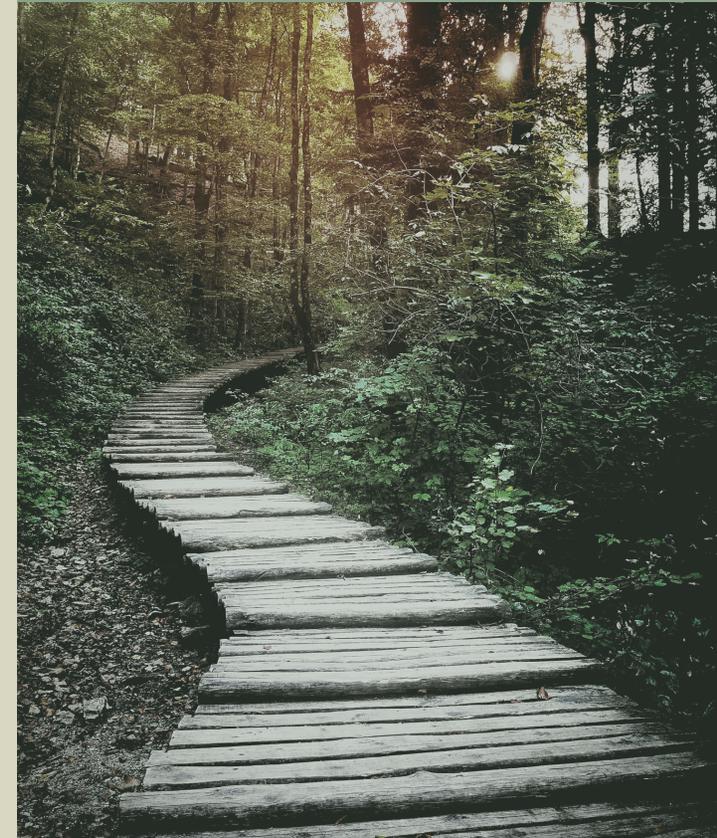
healingpathwayscounseling.org



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HEALING PATHWAYS

COUNSELING & CONSULTING



WHAT IS TRAUMA?

WHY CHOOSE US

Specialized Expertise

Our team is highly trained in cutting-edge trauma therapies.

Personalized Approach

Treatment plans are designed to meet your individual needs and experiences.

Comprehensive Care

We're with you every step of the way.

Safe Environment

We provide a nurturing, confidential space for your healing journey.

Evidence-Based Methods

Our treatments are backed by the latest research in trauma recovery.

Compassionate Support

We offer understanding, respect, and empathy throughout your process

WHAT WE DO

Our center specializes in trauma treatment, featuring:

- Trauma Mapping: Visualize and understand your trauma experiences.
- EMDR: Process traumatic memories to reduce their emotional impact.

We also provide:

- Individual therapy
- Crisis intervention
- Coping skills
- Emotional regulation



WHAT IS TRAUMA

Trauma is a deeply distressing experience that overwhelms an individual's ability to cope. It can result from a single event or ongoing stressors, affecting a person's emotional, physical, and mental well-being. Common responses include anxiety, depression, and difficulty in relationships.

Everyone's experience of trauma is unique. While its impact can be profound, healing is possible with proper support and care. Our center is here to help you on your journey to recovery.