



### **Holistic Wellbeing Counseling**

Giselle Bonilla, LMHC #13375

[holisticwellbeing.c@gmail.com](mailto:holisticwellbeing.c@gmail.com)

[www.giselle-bonilla.com](http://www.giselle-bonilla.com)

**These sessions are offered as a trauma-informed, spiritually grounded space designed to support emotional wellbeing, self-reflection, and personal growth.**

**Our work together may incorporate practices inspired by:**

- **mindfulness**
- **polyvagal-informed nervous system support**
- **expressive arts**
- **somatic awareness**
- **meditation**
- **sound healing**
- **energy work**
- **ancestral and cultural healing practices**

**Description:** Our sessions are held as a sacred, trauma-informed space where multiple pathways to healing are woven together in service of your whole being. Together, we draw from DBT (Dialectical Behavioral Therapy), CBT (Cognitive Behavioral Therapy), Polyvagal Theory, and psychotherapy (talk therapy) to support nervous system regulation, emotional balance, and

grounded self-understanding. These approaches are gently complemented by expressive arts, mindfulness practices, and embodied work that invites the body into the healing process.

Holistic therapies such as Reiki, sound healing, and trauma-informed yoga asanas with sound are integrated as supportive tools to encourage relaxation, presence, and energetic alignment. Ancestral medicine and practices may also be included to honor lineage, address intergenerational patterns, and reconnect you with inherited wisdom and resilience. Each session is intuitively and thoughtfully tailored to meet your unique mental, emotional, physical, and spiritual needs, honoring your pace, consent, and lived experience.

If paying out of pocket, this offering includes ceremonial support for each participant: a handmade organic herbal tincture, a set of two organic handmade harmony candles, and the option to receive a bundle of palo santo or sage for personal grounding and ritual. If meeting with the support of your insurance a discounted price will be offered to pay out of pocket for the ceremonial support (insurance does not cover the ceremonial support).

If you feel called to explore this work or would like more information on booking a session, please contact me directly at [holisticwellbeing.c@gmail.com](mailto:holisticwellbeing.c@gmail.com)

## **Price Per Session**

### **Option A — Standard Session**

150

### **Option B — Ceremonial Healing Session**

200

Includes:

- herbal tincture
- handmade harmony candles
- optional palo santo or sage

## **Client Consent**

**By booking a session you acknowledge that:**

- **participation is voluntary**
- **holistic practices may involve meditation, sound, or energy work**
- **you may decline any practice at any time**

## **Cancellation Policy (Important)**

**To respect both of our time and preparation:**

- **24 hours notice is required for cancellations**
- **Late cancellations may incur a 50% session fee**
- **Missed appointments without notice may be charged in full**

For more information on booking contact me directly at [holisticwellbeing.c@gmail.com](mailto:holisticwellbeing.c@gmail.com) or for any questions or concerns.

With love and gratitude,  
Giselle Bonilla