

HOLLY M. SILER

M.S. - Clinical Mental Health Counseling

Health & Wellness Coach



CONTACT

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ORIENTATIONS:

Somatic: encourages mind-body connection and supports the nervous system.

Feminist: develops self-efficacy through exploration of intersectionality, privilege, and oppression.

Neuro-Counseling: pairs neuroplasticity and physiological functioning to influence neurobiology and explore behavioral patterns.

AREAS OF FOCUS

Grief / Loss
Anxiety / Depression
Trauma / ACES
Life Transitions
LGBTGEQIAP+

AREAS OF ADVOCACY

Basic Human Services
Higher Education
Public Health

DETAILS

Hello, as a Health Coach, I facilitate a partnership and process that involves different areas of life, including, but not limited to, work, finances, health, relationships, education, and recreation. I guide client-led, personal journeys of change that instill knowledge, skills, and confidence to make positive behavioral changes and establish incremental steps toward enhanced well-being. I seek to blend affirmative and anti-racist frameworks to customize interventions alongside clients and rely upon somatic, feministic, and neuro-counseling tenants. I'm accepting individuals (13 and up), couples, and families with all presenting concerns. I primarily provide telecare sessions with limited in-person appointments available. I do not provide healthcare, medical, or nutrition therapy services, nor diagnose, treat, cure, or prevent any disease, condition, or other physical or mental ailment of the human body.

Status:	***Health Coach***
Presenting Concerns:	***All***
Clientele:	***Individuals (13 and up) / Couples / Family***
Rates:	***Cash/Credit - $90.00 per session***
Modality:	***Telecare & In-Person***