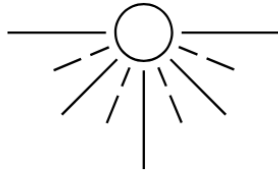


THE HOLISTIC COUNSELOR PODCAST



A LEARNING & REFLECTION GUIDE

From the Mic to the Community

A mental health companion for learning,
reflection, and finding support.

READ / LISTEN / REFLECT

Diana S. Rice

LMHC, CIMHP, QS

FROM THE MIC TO THE COMMUNITY

THE COMMUNITY COMPANION

Begin where you are.

Hello there, fearfully and wonderfully made human. This podcast grew from asking questions about the whole person. I hope these pages help you find words for your own questions and a place to begin exploring support.

Listen alongside this guide

Conversations from The Holistic Counselor Podcast to explore with these pages.

EPISODE 1

Meet Diana and the podcast

Hear how Diana's experience shaped the questions behind The Holistic Counselor Podcast.

[Listen or read the transcript](#)

EPISODE 55

Culture and the helping relationship

Ostin Celestin, Jr. and Diana explore culture, understanding, and mental health.

[Listen or read the transcript](#)

IN THESE PAGES

A first conversation about care / Meet voices from the podcast / Meet voices from the podcast / Meet voices from the podcast / Meet voices from the podcast / Meet voices from the podcast / Connections beyond the guide / Connections beyond the guide / More places to explore / What would help you next?

THE COMMUNITY COMPANION

A first conversation about care

A first step can be as simple as saying what has been difficult and asking what help is available. A local primary-care service, community mental health service, or qualified therapist can help you explore your options.

Questions you can bring

“What experience do you have with concerns like mine?”

“What would working together involve, and how would we review progress?”

“What would I pay, and what support is available if cost is a barrier?”

“How is my information kept private, and what are the limits of confidentiality?”

“How do you make room for my culture, beliefs, language, and access needs?”

An opening you can adapt: “I am looking for support with _____. I live in _____. Could you tell me about your services, availability, and fees?” Keep detailed personal information for an appropriate, secure conversation.

Finding the right kind of support

Professional roles, titles, and eligibility vary by country. A professional regulator can help you check credentials. You can also ask about supervision, relevant training, and whether the provider is authorized to work with you in your location.

[Finding a therapist who fits](#)

THE COMMUNITY COMPANION

Meet voices from the podcast

These guests have shared their perspectives on the podcast. Episode pages include the original conversation and guest information. For care, check current credentials, services, fees, and availability directly.

EPISODE 125

Shirley Barthelemy, MS, LMHC, CAP

How to Heal After Divorce: Grief, Identity Loss & Emotional Recovery

[Listen or read the transcript](#)

EPISODE 49

Tammy Berman, LMHC, NCC

Mastering DBT: Borderline, Emotional Regulation & Healing

[Listen or read the transcript](#)

EPISODE 96

Kelsey Blahnik, LCSW-S

Talking Politics Without Losing Your Mind - or Your Relationships

[Listen or read the transcript](#)

EPISODE 87

Lidiana Cartolano

Brazilian Mental Health, Immigration Stress & Culturally Competent Therapy

[Listen or read the transcript](#)

EPISODE 55

Ostin Celestin Jr., LMHC, LMFT, QS, EMDR, DBT

Haitian Mental Health & Cultural Healing

[Listen or read the transcript](#)

THE COMMUNITY COMPANION

Meet voices from the podcast

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EPISODE 11

Dr. Dorothy Chatelier, DNP, FNP-BC, PMHNP-BC

Unveiling Cultural Competence: Holistic Perspectives from Two BIPOC Mental Health Professionals
Content note: this conversation includes a detailed account of self-harm.

[Listen or read the transcript](#)

EPISODE 114

Meghan Cromie, MA, LMHC

OCD, Intrusive Thoughts & Religious Anxiety: How ERP Helps Break the Fear Cycle

[Listen or read the transcript](#)

EPISODE 107

Dr. Marni Feuerman

Emotionally Focused Therapy: Attachment, Cycles & How Couples Heal

[Listen or read the transcript](#)

EPISODE 68

Dr. Benson Fox

Is It Autism or Trauma? Diagnosing Adults on the Spectrum

[Listen or read the transcript](#)

EPISODE 66

Sowania Germain, LMHC-D, PMH-C

Escaping Spiritual Abuse & Church Trauma

[Listen or read the transcript](#)

THE COMMUNITY COMPANION

Meet voices from the podcast

These guests have shared their perspectives on the podcast. Episode pages include the original conversation and guest information. For care, check current credentials, services, fees, and availability directly.

EPISODE 60

Brian Gong, LMHC, CAP

EMDR & Asian Mental Health

[Listen or read the transcript](#)

EPISODE 10

Dr. Kate A. Johnson, LMHC, CTP, ECDCS, QS

Biblical, Christian & Secular Counseling - Overcoming Domestic Violence

[Listen or read the transcript](#)

EPISODE 118

Lynn J. Kearney, LMFT

'No Bad Parts'? IFS, CPTSD, Faith & Deep Healing

[Listen or read the transcript](#)

EPISODE 124

Alyssa Kerrigan, Psy.D.

Therapy in a Time of Labels: ADHD, Autism, Self-Diagnosis & Identity

[Listen or read the transcript](#)

EPISODE 123

Mark Levinsky, LMHC

Why Do I Keep Repeating the Same Patterns? Childhood Trauma & Growth

[Listen or read the transcript](#)

THE COMMUNITY COMPANION

Meet voices from the podcast

These guests have shared their perspectives on the podcast. Episode pages include the original conversation and guest information. For care, check current credentials, services, fees, and availability directly.

EPISODE 51

Ana Martinez, LMHC

EFT Tapping for Emotional Freedom

[Listen or read the transcript](#)

EPISODE 41

Ara Mascarenas

Helping Teens Thrive: Emotional Regulation, Social Media & Parenting

[Listen or read the transcript](#)

EPISODE 20

Nina Joy Mena, MD

From Pills to Purpose: Unlocking Resiliency & Joy with Holistic Psychiatry

[Listen or read the transcript](#)

EPISODE 67

Amy O'Donnell, MD

Psychiatric Deprescribing & Women's Mental Health

[Listen or read the transcript](#)

EPISODE 127

Josephine 'Jodi' Rabb, PsyD, LMFT, LPC

DNA Surprises, NPE/MPE & Genetic Bewilderment

[Listen or read the transcript](#)

THE COMMUNITY COMPANION

Meet voices from the podcast

These guests have shared their perspectives on the podcast. Episode pages include the original conversation and guest information. For care, check current credentials, services, fees, and availability directly.

EPISODE 99

Jacqueline Simon, MS, RN, PMHNP-BC

TMS Explained - A Clear, Compassionate Conversation

[Listen or read the transcript](#)

EPISODE 6

Marcken Volmy

Breaking Barriers: EMDR, Flash Technique & Healing cPTSD

[Listen or read the transcript](#)

EPISODE 5

George Wallace-Barnhill, PhD, LMHC

Beyond Diagnosis: Unveiling Trauma's Narrative

[Listen or read the transcript](#)

EPISODE 103

Jon Waller, LMHC

Why Men Struggle with Emotions: Masculinity, Anger & Healing

[Listen or read the transcript](#)

EPISODE 69

Staci Weiner, Psy.D.

Parenting Neurodivergent Kids Through Divorce & Trauma

[Listen or read the transcript](#)

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Connections beyond the guide

Community care in your area

Start with your local public health service, community clinic, university training clinic, or a nonprofit that serves your community. Ask about cost, language, referral requirements, and waiting times.

[Explore this resource](#)

South Florida: community services

The original booklet highlighted NAMI Broward, NAMI Palm Beach County, Faulk Center for Counseling, NSU Psychology Services, Center for Family Services of Palm Beach County, and Henderson Behavioral Health. Their own websites can clarify current programs and eligibility.

[Explore this resource](#)

U.S. and Canada: Open Path

A directory for exploring reduced-fee care. Current membership terms, eligibility, and clinician availability are explained by Open Path.

[Explore this resource](#)

U.S.: Therapy for Black Girls

A directory created around the mental wellness of Black women and girls.

[Explore this resource](#)

THE COMMUNITY COMPANION

Connections beyond the guide

U.S.: Melanin & Mental Health

A place to explore culturally responsive mental health information and connections. Check each provider's credentials, service area, and availability.

[Explore this resource](#)

U.S.: Latinx Therapy

A directory for exploring culturally responsive care and language preferences.

[Explore this resource](#)

South Florida: LGBTQ+ support

SunServe in Broward County and Compass in Palm Beach County offer community support and services. Their current programs, age eligibility, and fees can be checked directly.

[Explore this resource](#)

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More places to explore

These links continue the community connections in the original booklet. The Florida organizations serve their own areas. Check each organization's current services, privacy practices, eligibility, and cost.

[NAMI Broward](#)

[NAMI Palm Beach County](#)

[9Muses Art Center](#)

[Faulk Center for Counseling](#)

[NSU Psychology Services](#)

[Center for Family Services](#)

[Henderson Behavioral Health](#)

[Florida 211](#)

[Compass LGBTQ+ Community Center](#)

[Psychology Today directory](#)

[7 Cups: explore the type of support and current service terms](#)

Volunteer listening, peer support, coaching, and licensed therapy offer different kinds of help. Asking what a service provides can help you decide whether it meets the need you have today.

THE COMMUNITY COMPANION

What would help you next?

Type in the spaces below, or print and write by hand.

What would I like someone to understand?

Which practical needs affect my access to care?

One conversation or resource I want to explore:

Sources and further reading

Editorial revision: October 13, 2026. The linked authorities provide current rules, services, and evidence.

1. [NIMH: Understanding psychotherapy](#)

2. [The Holistic Counselor Podcast episode archive](#)

ABOUT THIS GUIDE

These guides offer general education for adults. They do not provide personal therapy, diagnosis, medical advice, or a professional relationship with Diana. A qualified professional who can practice where you live can help you apply information to your circumstances. Changes to prescribed care belong in a conversation with your treating professional.

[Read the full educational disclaimer](#)

FROM THE MIC TO THE COMMUNITY

Keep exploring.



Read, listen, and return
at your own pace.

Scan for this guide and its episode links.

theholisticcounselor.com/resources

Diana S. Rice, LMHC, CIMHP, QS

Podcast host, educator, and psychoeducational trainer

IF YOU NEED URGENT SUPPORT

If you need urgent emotional support in the U.S. or its territories, the 988 Suicide & Crisis Lifeline offers phone, text, and chat support. For immediate danger or a medical emergency, use your local emergency number (911 in the U.S.). Elsewhere, contact a crisis service in your country. The podcast and its messages are not monitored for urgent care.

988lifeline.org/chat/

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