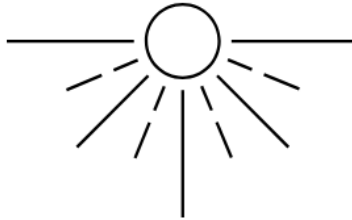




THE HOLISTIC COUNSELOR PODCAST



From the Mic to the Community

What is holistic counseling?

Consider mind, body, relationships, culture, and chosen faith.



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LEARN · REFLECT · FIND SUPPORT

[THEHOLISTICCOUNSELOR.COM/RESOURCE](https://theholisticcounselor.com/resource)

A little clarity.

Understand the topic. Find words for your questions.

Have you ever felt like someone was looking at one piece of your life while missing the rest? Whole-person care asks us to widen the conversation.

1 Look at the whole person

Holistic counseling can consider emotions, thoughts, physical health, sleep, relationships, culture, daily stress, and spirituality when the client wants it included. The term covers different practices, so ask what a particular clinician actually does.

2 Ask about each part of the plan

An approach is not proven simply because it is called natural or holistic. Ask what research supports each treatment, what risks exist, and how progress will be checked.

3 Build a team when needed

A therapist may coordinate with a medical clinician or other qualified professional with your consent. Supplements, medication changes, and physical symptoms need appropriate medical guidance.

Research & perspective

National Center for Complementary and Integrative Health describes whole person health as attention to connected areas of a person's life. This broad view does not establish the effectiveness of every treatment marketed as holistic.

General education for adults. This is not therapy, diagnosis, or an individual treatment plan. Sources and helpful links are on page 4.

Let's pause and reflect.

Your answers can stay private. Take this at your own pace.

Choose one question or explore all three. Skip anything that feels like too much. You do not need to revisit painful details to use this guide.

1 Which part of my life tends to get overlooked?

2 What everyday conditions make caring for myself harder?

3 How much, if at all, do I want faith included?

Optional faith reflection

What does caring for my whole self mean within my faith, without blaming myself for being unwell?

One next step

Make a short list of the areas you want included in your care. Bring it to your next appointment.

If reflection brings up too much, pause. Reach out to someone you trust or a qualified professional. You do not have to do all of this today.

Continue the conversation.

Bring your questions. Learn more. Reach for support.

QUESTIONS TO ASK A PROFESSIONAL

- ☐ What does holistic mean in your practice?
- ☐ Which parts of your plan have research support for my concern?
- ☐ When would you recommend another professional?

Listen with curiosity

[Episode 1 - Diana introduces her perspective on mental health and faith.](#)

[Episode 98 - Hear a conversation about culture, food, and well-being.](#)

Selected conversations are starting points, not an exhaustive list or treatment recommendations. Guests share their own perspectives.

Sources & useful resources

[National Center for Complementary and Integrative Health: Whole person health](#)

[National Center for Complementary and Integrative Health: Complementary and integrative health](#)

Confirm services, credentials, location eligibility, and fees directly. Linked organizations operate independently.

NEED SUPPORT NOW?

United States and territories: the 988 Suicide & Crisis Lifeline supports people in emotional distress or a suicidal crisis. [Call 988](#) · [Text 988](#) · [Chat online](#)

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