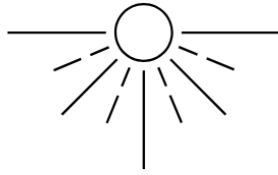


THE HOLISTIC COUNSELOR PODCAST



A LEARNING & REFLECTION GUIDE

Holistic Counseling

Making room for mind, body, relationships,
culture, and faith.

READ / LISTEN / REFLECT

Diana S. Rice

LMHC, CIMHP, QS

FROM THE MIC TO THE COMMUNITY

A PLACE TO BEGIN

Begin where you are.

Your emotions exist within a life: a body, relationships, culture, responsibilities, and perhaps a faith that matters deeply to you. Holistic counseling invites those connections into the conversation while asking careful questions about the care being offered.

Listen alongside this guide

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

EPISODE 1

Diana's journey and the questions behind the podcast

Diana introduces her perspective on mental health and faith.

[Listen or read the transcript](#)

EPISODE 98

Food, culture, and well-being with Naihomy Jerez

Hear a conversation about culture, food, and well-being.

[Listen or read the transcript](#)

IN THESE PAGES

Understanding the topic / Make room for your questions / Keep learning. Find support.

A PLACE TO BEGIN

Understanding the topic

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.

Ask about each part of the plan

The word holistic can describe many different practices. It is helpful to learn what each part of a proposed plan involves, what research supports it, and how benefits, risks, and progress will be discussed.

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 and 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.

Can holistic care include medication or medical treatment?

It can. Whole-person care considers how different parts of your health and life connect. You can ask how the therapist works with medical providers and how each proposed approach is supported. Decisions about medication or physical symptoms belong with an appropriately qualified medical professional.

A PLACE TO BEGIN

Make room for your questions

Choose a question that feels useful today. A few notes in your own words can be enough. Your reflections stay with you; this website does not collect them.

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

Which part of my life tends to get overlooked?

What everyday conditions make caring for myself harder?

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

Questions for a conversation

What does holistic mean in your practice?

Which parts of your plan have research support for my concern?

When would you recommend another professional?

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

A PLACE TO BEGIN

Keep learning. Find support.

OPTIONAL FAITH REFLECTION

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

Sources and further reading

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

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

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

Wherever you are reading from, your culture, language, beliefs, access needs, and daily circumstances belong in the conversation. Professional titles and services vary between countries. Sources and directories identify their own regions; a local health service or professional regulator can explain the options where you live.

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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