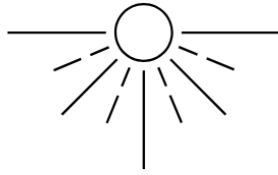


THE HOLISTIC COUNSELOR PODCAST



A LEARNING & REFLECTION GUIDE

The Healing Process

Change, setbacks, support, and your next small
step.

READ / LISTEN / REFLECT

Diana S. Rice

LMHC, CIMHP, QS

FROM THE MIC TO THE COMMUNITY

A PLACE TO BEGIN

Begin where you are.

A better week can bring relief. An old feeling returning can bring questions. Looking at change with curiosity gives you room to notice both what is helping and what still needs care.

Listen alongside this guide

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

EPISODE 118

Parts work, trauma, and faith with Lynn Kearney

Explore understanding patterns, parts work, and faith.

[Listen or read the transcript](#)

EPISODE 125

Grief and rebuilding after divorce with Shirley Barthelemy

Hear a conversation about grief and rebuilding after divorce.

[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

Notice what needs care

Start with what you can name today: grief, fear, anger, a strained relationship, or simple exhaustion. You do not have to force a memory or make sense of your whole past at once.

Build support around real life

Support may involve therapy, medical care, safe relationships, practical assistance, rest, and meaningful activities. Faith can be part of that support when you want it to be.

Make change small enough to practice

Choose one action you can try, such as asking for time before saying yes. Notice what helps, what makes it harder, and what you want to discuss with a professional. Returning to an old pattern is information to explore, not a verdict on your worth.

Research and perspective

Change can look different from one person to another. The ideas here offer ways to reflect on support and daily life; an individual assessment helps guide treatment and realistic goals.

How can I notice progress when I still have difficult days?

Pick one everyday change you care about: asking for help sooner, returning to a routine, or handling a disagreement differently. Concrete examples can help you and your clinician review what is changing. If distress is increasing or the work feels unhelpful, that deserves a conversation about the plan.

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.

What needs my attention this week?

What support do I already have, and what is missing?

What small change would matter to me even if no one else noticed?

Questions for a conversation

How can we set goals that fit my life?

How will we respond to setbacks?

What other forms of support might I need?

Choose one manageable action and one person or service you could ask for help. Revisit your choice without grading yourself.

A PLACE TO BEGIN

Keep learning. Find support.

OPTIONAL FAITH REFLECTION

What would honest hope look like today, without pretending that everything is easy?

Sources and further reading

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

1. National Institute of Mental Health: Understanding psychotherapy

2. National Center for Complementary and Integrative Health: Whole person 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

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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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