



Holistic Counseling

Psychosomatic Therapy

Consent

About Asiah Rogowy RMT DN MA MSc PhD

Dr. Asiah is a Holistic Counselor and Psychosomatic Therapist. Having completed her MSc Psychology Degree in 2023, she combines this knowledge with her education as a Doctor of Natural Medicine, Wellness & Life Coach, Registered Massage Therapist, and CranioSacral Therapist, with over 25 years clinical experience, to support and facilitate healing in the client community. Her approach is rooted in humanistic, positive, and depth psychology.

What is Holistic Counseling and what are its benefits?

Holistic Counseling is an integrative approach to psychotherapy that treats the whole person: mind, body, heart, and spirit.

Holistic Counseling strives to create Natural Wellness by addressing the root cause of your challenges, using traditional psychology methods along with alternative healing modalities.

There are many **benefits to Holistic Counseling**. This type of therapy can help you to:

Heal childhood wounds

Reduce stress

Live a life of meaning and purpose

Feel more balanced, authentic, and empowered

Truly **love yourself** and your life

Developing the most important **relationship with yourself**

How does Holistic Counseling differ from traditional therapy methods?

As a Holistic Counselor, I incorporate knowledge and skill from the fields of **neuroscience, western psychology, nutrition, energy psychology, and eastern spiritual traditions such as mindfulness, meditation, Ayurveda, breathwork, reiki and yoga.**

I work *with you* to **uncover and dismantle the root causes of your symptoms** so that you can experience true and lasting change in your life, and experience **more love, fulfillment, and joy**. This approach has a **transformative effect on the mind-body-spirit** connection and can help you heal on an emotional, mental, physical, and spiritual level. A holistic approach to counseling can provide a more well-rounded and effective form of treatment than traditional talk therapy alone.

What is Psychosomatic Therapy?

Psychosomatic Therapy complements a holistic approach to the prevention and management of human disease based on the bilateral relationship between the mind (psyche) and body (soma).

It involves an assessment of the body's physiology in terms of its shape, size and structure, which have been determined by an individual's genetics, environment and emotions. Assessments enable practitioners to readily identify imbalances in the body, which provide an indication of the client's repetitive emotional and cognitive behaviors.

How does Psychosomatic Therapy work?

Once areas of stress, tension and discomfort are apparent, the aim of the therapist is to restore mental, emotional and physical balance. A combination of techniques is applied including **emotional-release bodywork, counseling, postural alignment, breathing techniques, creative visualization, re-orientation, organic intelligence, body scanning and awareness through movement**. The practitioner explores the mental, emotional, physical and biological aspects of a client's overall health and provides them with detailed assessments with practical exercises so they can understand and participate in their own healing process.



Asiah Rogowy RMT DN MA MSc PhD
Doctor of Natural Medicine
Psychosomatic Therapist
Holistic Counselor
Registered Massage Therapist

What are the benefits of Psychosomatic Therapy?

Psychosomatic Therapy offers expansive healing benefits to clients as it addresses the emotional and physical factors that contribute to overall health and happiness. Clients may include individuals who are experiencing physical ailments, emotional issues or postural problems. Psychosomatics empowers individuals with a deeper understanding of their innate tendencies and the subtle but powerful changes required to achieve greater satisfaction in all aspects of life, including their relationships, occupation and health.

As a Holistic Counselor and Psychosomatic Therapist:

I believe mental and physical health is a balance of mind, body and spirit and I incorporate that belief into my practice with my clients.

Regardless of your presenting concerns, I will strive to provide a safe, respectful, nurturing environment to help you examine and challenge your concerns.

I actively engage with my clients and believe the therapeutic relationship is essential for a beneficial counseling experience.

The counseling process is a creative, dynamic and deeply personal journey. It varies greatly from client to client and is dependent on the therapeutic relationship and the presenting issues.

Participation in therapy can result in a number of benefits to you, including personal awareness, improvement of relationships, reduction in feelings of stress and distress, self-awareness and insight and resolution of specific problems.

Counseling and therapy is an interactive process and it requires your active involvement, honesty, and openness in order to fully experience the benefits.

Progress toward your goals likely requires your effort both during and between sessions. Given the work required for personal growth and change, Holistic Counseling and Psychosomatic Therapy also involves some risks.

Since counseling and therapy often involves discussing difficult aspects of your life, you may experience uncomfortable feelings or strong reactions.

Making changes in your life can impact your current relationships as well as challenge long held beliefs and behaviors.

There are no guarantees of what you will experience.

Our first session is an opportunity to get to know one another, explore your presenting concerns and determine if you would like to proceed. It is important for you to feel comfortable with me.

Our work together requires a significant commitment of time, energy and resources so I want you to make the best choice possible for your needs.

Holistic Counseling/Psychosomatic Therapy is a voluntary process and you have the right to end our therapeutic relationship at any time. You always have the right to question or discuss any of the counseling techniques or suggestions we explore in session. If you have questions about my procedures, we should discuss them whenever they arise. If your doubts persist, I will be happy to help you set up a meeting with another mental health professional for a second opinion or referral.

COUNSELING RELATIONSHIP The nature of therapeutic relationships can be very personal. However, our relationship is strictly professional, and the focus will always be on you.

MEETINGS Individual sessions are 60 minutes in length.



Your signature below indicates that you have read the information in this document and agree to abide by its terms during our professional relationship.

Print Name: _____

Signature: _____

Date: _____

Holistic Counseling and Psychosomatic Therapy sessions are not a substitute for medical care.