MIND YOUR BREATH COUNSELING LLC

Supportive and confidenial Psychotherapy for Women

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Greetings!

My name is Gia Bess and I am the principal psychotherapist at *Mind Your Breath Counseling, LLC*. Thank you for taking the time to learn more about our practice.

I have been in the helping profession for the past 15 years. I have spent most of my professional life helping to support women and families during transitions and difficult moments. I have primarily worked with women of color and women in their childbearing years. My work with this population has shown me that women are carrying a whole lot. Generations of oppression, gender and racial based trauma and daily micro-aggressions have left women, specifically women of color in need of support and healing. *Mind Your Breath Counseling* aims to provide the community with supportive, confidential and restorative counseling services for women.

I believe that true emotional healing comes through holistically tending to the body, mind and spirit. I offer full range psychotherapy services that I combine with several Somatic or body-based techniques. As a registered Yoga Teacher, I have been known to incorporate meditation, breathing or physical postures in my sessions. The research shows that trauma, grief and the after effects of some of our experiences are stored in our bodies. What better way to heal or release them from our bodies than to intentionally use body exercises to move this harmful trauma energy out for good. I work with women, mothers, children and families.

I specialize in integrative psychotherapy. I use a variety of techniques to help my clients work through their trauma, grief, anxiety and etc. I specialize in looking at the whole client in their environment to assess and treat not only their symptoms but the root cause.

If you are hurting, anxious, sad or feel that there are some things that are holding you back from you achieving your fullest potential, I invite you to let me guide you back to center. I will create a holistic minded plan to help you heal and enjoy this beautiful life again.

In Joy,

Gia Bess, MSW