



Offerings



Free to be Healed and EleMental Healing & Coaching come together to provide trauma safe holistic care to serve your mind, body, spirit and soul needs.



Mental Health Support
Emotional/Stress Release
Nervous System & Emotional Regulation
Trauma/PTSD Relief
Inner-Child Healing & Regression Therapy
Health/Weight Management & Wellbeing
Fears/Phobia/Habit Relief
Positive/Mindful Parenting Support
Best-Self & Manifesting Resources
Energy Management & Intuitive Development
Chronic Pain & Fibromyalgia
Sexual Energy/Sexual Trauma
Stress & Tension Relief
and much more



Ask about our:
*Family Support
*Package Options
*Combined Sessions



Heather & Maia - Free to be Healed



Jillian - EleMental Healing & Coaching

CONTACT INFO

2435 E Southern Ave
Suites 5 & 6
Tempe, AZ 85282

Free to be Healed
E: info@freetobehealed.com
Tel: 480-878-3937
W: Freetobehealed.com

EleMental Healing & Coaching
E: Jillian@EleMentalHealingCoaching.com
Tel: 928-793-3390
W: EleMentalHealingCoaching.com

COLLABORATIVE
HOLISTIC THERAPIES

ELEMENTAL FREEDOM

FREE TO BE HEALED
&
ELEMENTAL HEALING
& COACHING

FREE TO BE HEALED

HOLISTIC HEALTH THERAPIES

- *Body Psychology
- *Holistic Healthcare (Mind-Body-Spirit)
- *Certified Trauma Support Specialist
- *Polarity Therapy *Cranial Sacral Therapy *Massage
- *Coaching/Conscious Communication
- *Intuitive Guidance *Spiritual Growth
- *Reiki *Metaphysics
- *Child Centered Play Therapy



Cultivating peace, harmony, and empowerment by supporting Mental-Emotional Health through the **BODY.**

Our body-based & energy-sensitive approach holds, touches, nurtures and unwinds the tender places within that are calling out for healing.

Our therapeutic methods are soothing to the holistic system providing resource for pathways to open and release, which creates space to connect to ones own truth, safety and fullest potential.

ELEMENTAL HEALING & COACHING

- *Clinical Hypnotherapy
- *Empowerment Coaching
- *Somatic Trauma Healing *Guided Imagery
- *Certified Clinical Trauma Specialist
- *Certified Family Trauma Professional
- *Emotional Freedom Technique ("Tapping")
- *Holistic Healthcare (Mind-Body-Spirit)
- *Child Centered Play Therapy



Cultivating peace, harmony, and empowerment by supporting Mental-Emotional Health through the **MIND.**

Jillian's whole brain approach resources and rewires the conscious and subconscious mind by holding space for complete healing and wellbeing.

Supporting resolution of unprocessed emotions, unmet needs, and traumas that create unhelpful thoughts, feelings, behaviors, beliefs (etc.).
Resourcing all brain states, while incorporating somatic healing approaches for full integration.

Our Therapeutic Approach

Compassion

It is our promise to do our best to be supportive with open minds and hearts by coming from a place of compassion and understanding. We seek to nurture a sense of safety and create sacred space for clients to discover their true selves and embrace their inner knowing.

Our sincere belief is that the client is the healer, and we, the facilitators, hold space to bear witness to the unfolding of growth and unlimited potential.

Trauma Safe

We are highly skilled, trained, and specialized in trauma safe methods. Our intention is to support the softening, release and/or resolution of unprocessed emotions, unmet needs, and holding patterns stored in the system (mind-body-spirit). It is our highest priority to facilitate this process with gentleness and in digestible pieces, allowing the client to integrate this work in safe, sacred, and sustainable ways.

Integrity

Each practitioner strives to create a client-centered, judgment-free, and empowering container. The work we do honors the innate intelligence of the mind, body, emotions, spirit, and soul, whose wisdom seeks to return to a state of balance, harmony, and vibrant health. We are cognizant of the courage and vulnerability it takes to embark on a journey of healing and self-discovery. With this in mind, our unwavering commitment is to hold and maintain therapeutic and ethical boundaries for the safety and security of all involved.



BODY and MIND