

# About Holistic Health & Integrative Care

## Holistic Health

The goal of holistic health is for each person to achieve their maximum level of wellness and well-being. Holistic health focuses on the whole person and not just on separate symptoms.

Health is more than simply being not sick. Think, for a moment, of health as a timeline or continuum. At the far left end of the timeline is the poorest state of health. At the far right, the highest state of health and wellness. Holistic health approaches are an ongoing process that focus on moving each person to the right on the continuum and towards their highest levels of health, wellness, and well-being.

## Holistic Psychotherapy

Holistic psychotherapy focuses on the physical, emotional, cognitive, social, and spiritual well-being of each person and their lives as a whole. Each individual's concerns and goals

are examined and explored at these multiple levels. The holistic approach in therapy is comprehensive. Instead of treating symptoms only, an holistic approach focuses on the needs of the whole person.

### **Integrative Care**

Integrative care providers work together with their clients as a team and build relationships based on mutual trust. The integrative approach to health and healthcare is grounded in the understanding that an event or situation that affects a person at one level affects the entire person and all aspects of their lives.

Integrative therapy combines different tools and approaches to fit the individual needs of each client. It is highly inclusive and the client plays an active role in their therapy. Integrative care approaches consider each person's individual needs, abilities, spiritual beliefs, motivation, preferences, and lives as a whole.