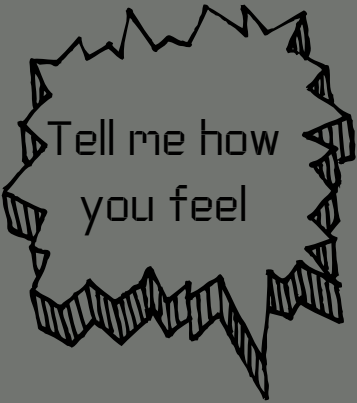
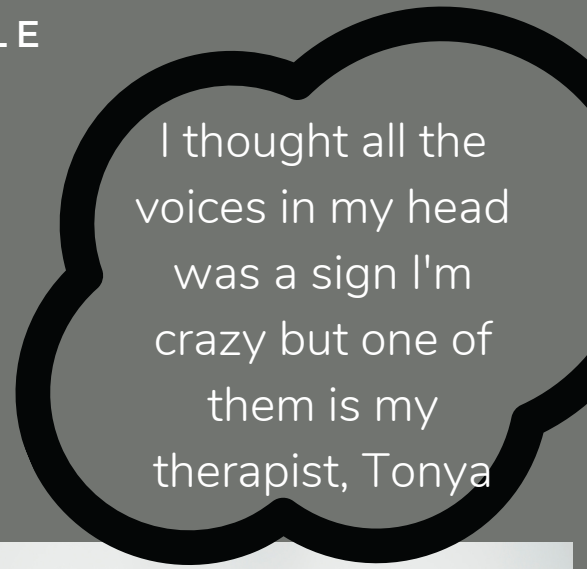


Know Thy Self

INTEGRATIVE MENTAL WELLNESS HUSTLE



It's like someone took a sword and cut each finger off, one big toe while asking me to drink battery acid and having to donate blood after fasting for three days. Now you tell me what the means?

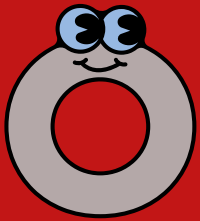


I need someone to talk to. I have been married for 23 years. I am always angry and take it out on my family. I don't want to be like this, but everything irritates me. My dentist recommended you, and I wondered if you have available appointments.

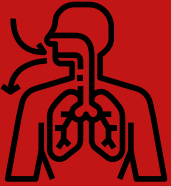
Accepting NEW Patients:



Ways to celebrate MARCH, OCTAVE Style



Breathe in Spring



Meditate during Ramadan



Write and read poetry



Dissovisyve Identity



Colorectal Cancer



Enjoy Artichokes



multiple Sclerosis



Passover Easter



St. Patrick's Day



Leeks



Peppers



Spinach



Outdoor Hiking



Tennis



Learn about Ramadanr



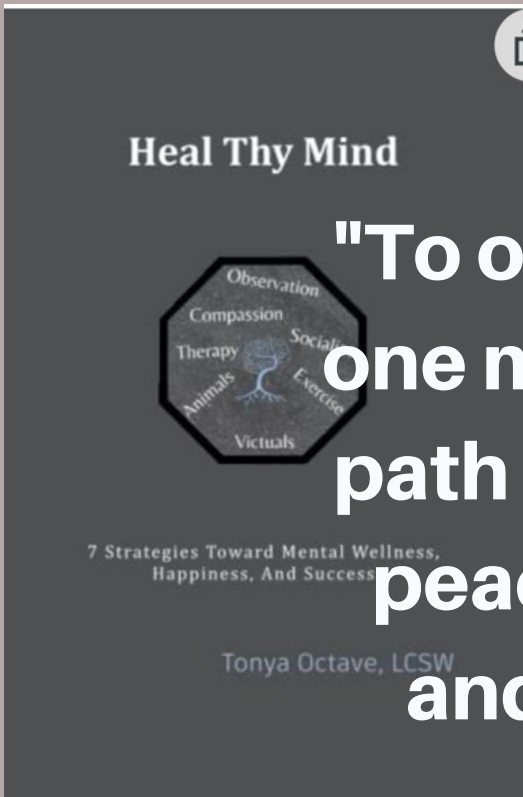
Write in Journal



international Day of Happiness



METHOD



"To obtain mental balance, one must choose a spiritual path that promotes mental peace, mental calmness, and mental discipline."

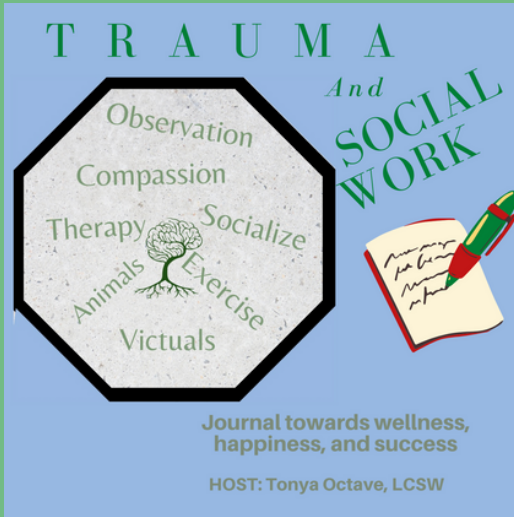


Purchase a copy for you and a friend.



**Do you struggle with anxiety?
Do you have moments of depression?
Do you have traumas?
Is life hard? or painful? or Irritating?**

I wrote this book and companion workbook for you. Let's talk about wellness, happiness, and success with the mind-body-spirit.



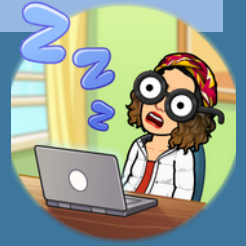
**Trauma & Social Work
I'm back**

“Grab your journal, a pencil, and a cup of organic tea”

Welcome to 2023, and I made it. I say I made it because sometimes we feel like we are making it, and now it's time to transition into loving it. Thanks for joining me and listening to the "Trauma and Social Work" podcast. I am your host Tonya Octave, the integrative clinician. This year the focus is on journaling and self-reflection. I took some time off to mediate about what was helpful to others. Sometimes that is hearing my voice, with all my crazy ideas. Mostly it is finding your voice. One way to do this is with some guided support. This season is about supporting you in your journey of self-discovery.

BIOFEEDBACK

NES Health System



The NES System is a computer program that provides a way to peek into the bioenergetic and informational recesses of your body—field to see what is going on.

It's a snapshot that allows you to accurately assess the correlations between your body—field and your physical and emotional states at a particular moment in time.

The scan itself is quick, easy, and non—invasive.

You simply place your hand on the scanning device, which looks like a large computer mouse, and the software in the computer reads your body—field.

We've also recently released a completely touchless version of the NES scan that uses voice technology.



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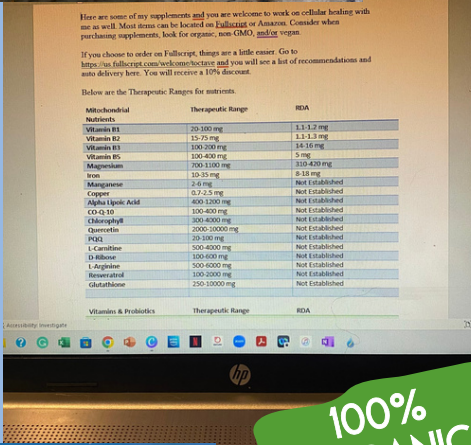




Nutritional Consultations

What is a Nutritional Consultation

Holistic nutrition is eating with mindful intention. Mindfulness is becoming aware, conscious, and intentional about what foods are closest to their natural state. Holistic nutrition is a whole-body-centered approach, mental-physical-spiritual interconnection. Organic nutrition is selecting food options free from pesticides, artificial flavors, color, additives, radiation, genetic technology, antibiotics, and chemicals. Organic nutrition is about eating fruits, vegetables, dairy, and meats in their natural state, maximizing nutritional value. The benefits of eating organic are maximal antioxidants and omega-3 fatty acids while reducing exposure to toxic metals, pesticides, and bacteria. The initial assessment is about 1.5 hours long, including an in-depth history, current and past conditions, eating habits, symptom presentation, and much more. Then, we will explore your goals and ways to get you moving toward mind-body-spirit mental wellness. The initial assessment is \$200, and follow-up appointments are \$150. The follow-up appointments last 15 minutes, and we meet monthly for about 4-6 months to evaluate progress and make adjustments. Our sessions are conducted via a HIPPA platform, ZOOM, with audio and visual. If you are interested reach out to me so we can move you towards the nutritional path of wellness, happiness, and success.



100% ORGANIC



Follow me @HolisticClinician for more information.

ONE MORE OPPORTUNITY

**DM, TEXT, OR CALL FOR
MORE INFO**

PSYCHOTHERAPY FOR WOMEN

Group Therapy: I Am Healing In This Moment

PSYCHOTHERAPIST



TONYA OCTAVE

Must live in California & Nevada

THE BENEFITS

- Cheaper than individual therapy.
- Heal in a small, intimate group setting (7-10 people).
- Learn from other women and find your voice.
- Telehealth via Zoom.
- Weekly treatment sessions.
- "Healing" retreats, two times/year.

Starting April 2023

Mondays: 6:30pm-8:00pm

Thursdays: 10:00am-11:30am

Saturdays: 9:00am-10:30am

Change starts with me, and I am
ready to heal

\$100 per month;
Encourage 6 month commitment

📞 310-387-8164

✉️ tonyaoctave-lcsw.com

📷 [@holisticclinician](https://www.instagram.com/holisticclinician)

**Ever wanted to try
psychotherapy?**

**Nervous about
starting it alone?**

Are you lonely?

I am looking for women over the age of 25 years.

I am looking for professionals: psychologists, physicians, dietitians, coaches, trainers, spiritual/religious teachers, childcare providers, etc.

I am looking for individuals wanting to change.

I am looking for people willing to make a financial commitment.

Healing in This Moment This is an excellent option for you to explore. As a relational psychotherapist, I provide weekly group therapy sessions. This is a private, confidential, safe space to connect with other professional women. Women who are ready to heal, change, and try something different, something new, and something beautiful.

**I AM
MENTAL
WELLNESS,
HAPPINESS,
& SUCCESS**



Have you experienced a traumatic event? Had a traumatic relationship? Developed symptoms of anxiety, depression, irritation, agitation, hypervigilance, insomnia, brain fog, or unwanted memories.

How can I heal from a Traumatic event? How can I recover from a traumatic relationship? Will my uncomfortable symptoms go away?

When will you allow yourself to heal from the traumatic event? When will you allow yourself to care for yourself in relationships? Are you ready to decrease uncomfortable symptoms associated with being out of balance with mental-physical-spiritual?

There is help and support available. We can change our thoughts, feelings, and actions to move toward our optimal mental-physical-spiritual self.