My Journey Towards Self Care

I am a private practice clinician who helps people who have experienced trauma attain physical, mental, and spiritual wellness. Using an integrative approach based on the acronym of my last name, OCTAVES, I provide tools and guidance so that my patients can move towards healthy living, a positive mindset, and confidence. However, I am not just a clinician who guides and gives strategies. I have struggled with depression and anxiety, battled weight gain and the disease of Hashimoto’s, and worked through identity issues. I am a bi-ethnic female raised by a single parent. In the early years, I knew and was loved by my daddy. I felt abandoned when he suddenly became absent from my life in sixth grade. Growing up poor, I struggled in school academically and had obstacles and setbacks because of my ethnicities and gender.  In college, I got pregnant and had a child at twenty years old. My son’s father and I stayed together for a time. Because of the increasing conflict that we both exhibited, we separated, and I became a single parent. However, I remained in school, worked two to three jobs, and was a single parent without financial support.

All these events impacted my physical and emotional health. I experienced traumas through the stories of others without realizing it, and as this pattern continued, I became emotionally, spiritually, and physically unhealthy. I started to have health concerns, including obesity, precancerous thyroid, Hashimoto’s disease, and hypoglycemia. I knew if I did not find another way, I was moving along a path of disease. So, I changed my life—physically, emotionally, and spiritually. Now, after many years of working on it, I am free from disease. My mental health is optimal, as I don’t suffer, enabling me to assist others on their own wellness paths. Over a lifetime and after implementing the strategies explored in this book, I laugh easily and can find joy in everyday life. Eating healthy foods as a vegan, I also exercise and practice meditation, working to become the best I can be with a healthy mindset so that I can guide others. Building a positive rapport with my patients, I am skilled at helping others discover who they are, as well. If you are looking for strategies to improve your health and need hope to heal and move toward wellness, then I may be a good fit to assist you on your journey.