



Wildflower
THERAPY GROUP

Virtual Holistic Therapy Across North Carolina

Specializing in women with trauma & anxiety seeking a holistic approach

We address a variety of concerns, including:

- Anxiety
- Depression
- Low self-esteem
- Trauma/PTSD
- Panic disorder
- Relationship issues
- Life transitions

A Mind-Body-Spirit Approach to Healing

Our holistic approach integrates evidence-based approaches:

- CBT
- Brainspotting
- EMDR
- Somatic Therapy
- Yoga & Mindfulness
- Breathwork
- Reiki Energy Healing

We focus on releasing trauma, processing emotions, and regulating the nervous system for whole-person wellness.

PAYMENT OPTIONS

In-network with Aetna (including SHP) & BCBS

Private pay:

- \$150- \$200 (50-min individual therapy session)

Superbills provided for OON benefits

REFERRALS & SCHEDULING



Schedule Appointment:

wildflowertherapygroup.com/book



wildflowertherapygroup.com/contact



info@wildflowertherapygroup.com



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Follow us on Instagram

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

For more information, visit our website at



wildflowertherapygroup.com