

# Kyeisha Hodge, LMHC

**Therapist. Speaker. Coach.**

Clients often walk away from completing therapy with me empowered to design their lives. They shed the shame associated with their trauma by connecting with their intrinsic self-worth. They break the habit of hypervigilant, reactive, and avoidant behaviors that often accompanies trauma, while also developing a tolerance for joy without sabotage, and existing in the world with a deeper understanding of their values. Clients leave therapy with a healthy way of communicating, perceiving, and relating to those closest to them; all the while reconnecting with their passion, curiosity, and “play”.

Together we will also explore how the collective trauma of racism, sexism, and other –isms impact mental health. We will also explore your different identities (e.g. as gender, race, class) and uncover, challenge, and revise the beliefs that you had to align with in order to safely navigate these structures.

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**HEALING THE HEALERS**

*Motivating Healers To Thrive*

A stylized, handwritten signature of Kyeisha Hodge in orange ink.

**INTROSPECTIVE COUNSELING**

*Transforming Trauma into Thriving*

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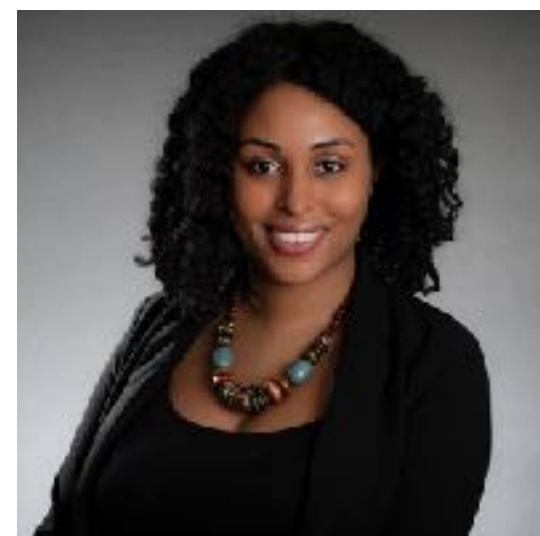
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