



# BALANCE & BIRCH

V I R T U A L   W E L L N E S S   C E N T E R

## SERVICE DESCRIPTIONS

At Balance & Birch, we offer a full spectrum of mind-body-spirit services designed to support your mental health, physical resilience, and overall well-being.

This packet gives you a quick, clear overview of everything we offer- what each service is, who it's for, and how it helps.

For pricing, please refer to our **pricing sheets** or **membership options**.



# mind

| Service                          | Description  |
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| <b>Individual Talk Therapy</b>   | <p>Individual therapy at Balance &amp; Birch blends real conversation with evidence-based approaches like IFS, Schema Therapy, sex therapy, and attachment work. We help you understand your patterns, reduce symptoms, improve emotional regulation, and feel more grounded in your day-to-day life — without the clinical coldness or therapy clichés.</p> <p><b>Best for:</b><br/>Anxiety, depression, grief, burnout, trauma, identity exploration, LGBTQIA+ support, relationship patterns, emotional dysregulation, or anyone wanting practical tools and deeper self-understanding.</p> |
| <b>Relationship Talk Therapy</b> | <p>Partners don't usually seek therapy because things are "fine." They come because communication feels hard, intimacy feels complicated, or they're stuck in the same argument loop. As an AASECT-certified sex therapist, Dr. Brown provides sex-positive, judgment-free support that blends relationship science with practical tools. You'll</p>   |

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|                                  | <p>learn how to talk (and listen) better, repair conflict, rebuild trust, and reconnect emotionally and sexually.</p> <p><b>Best for:</b><br/>Communication issues, resentment, intimacy challenges, desire mismatch, recurring conflict, emotional distance, rebuilding trust, or navigating/opening a polyamorous or ENM relationship.</p>   |
| <p><b>Group Talk Therapy</b></p> | <p>Group therapy gives you the support of a therapist and the insight of people who actually get it. These sessions are process-focused, honest, and emotionally safe — a place to share, listen, learn, and feel less alone.</p> <p>Current group options include:</p> <ul style="list-style-type: none"> <li>• Queer Folx Group</li> <li>• Men’s Group • Women’s Group</li> </ul> <p>Groups require a minimum of 3 participants to run.</p> <p><b>Best for:</b><br/>Anyone seeking community, shared understanding, emotional support, or new perspectives — especially if you feel isolated, misunderstood, or stuck in recurring patterns.</p> |
| <p><b>Autism Evaluation</b></p>  | <p>A focused, strengths-based assessment to determine whether you meet criteria for Autism. You’ll receive clear verbal feedback, a summary letter outlining your results, and tailored recommendations for work, school, and daily life.</p>  |

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|   | <p>This evaluation is affirming, collaborative, and designed to help you understand your neurodivergence without stigma or confusion.</p> <p>Note: We do not provide comprehensive diagnostic reports. Please confirm that a summary letter meets your accommodation requirements.</p> <p><b>Best for:</b><br/>Adults wondering if they're autistic, feeling "different" without explanation, struggling with sensory sensitivities, social fatigue, masking, burnout, or seeking clarity for workplace/school accommodations.</p>   |
| <p><b>ADHD Evaluation</b></p>                       | <p>A structured assessment to determine whether symptoms align with ADHD in adulthood. You'll receive clear results, a summary letter, and personalized recommendations to improve focus, organization, energy regulation, and executive function. We approach ADHD through a realistic, modern lens — without shame or stereotypes.</p> <p>Note: No full diagnostic report provided.</p> <p><b>Best for:</b><br/>Inattention, impulsivity, chronic procrastination, disorganization, difficulty starting tasks, time blindness, emotional dysregulation, or lifelong "Why is this harder for me?" patterns.</p> |
| <p><b>Autism &amp; ADHD Combined Evaluation</b></p> | <p>A comprehensive evaluation designed for adults who suspect they may be autistic,</p>  |

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|  | <p>ADHD, or both. This assessment explores overlap, differences, and the distinct ways these neurotypes can show up together. Includes full feedback and a summary letter.</p> <p>Note: No full diagnostic report provided.</p> <p><b>Best for:</b></p> <p>Adults who relate to both autistic and ADHD traits, masking, burnout, executive dysfunction, sensory challenges, or long-standing confusion about their neurodivergence.</p>  |
| <p><b>Psychiatric Care (Returning February 2026)</b></p> | <p>Psychiatry at Balance &amp; Birch is thoughtful, collaborative, and grounded in real life — not the rushed “med check” model most people are used to. Our approach looks at the full picture: your symptoms, history, sleep, stress, hormones, lifestyle, and nervous system.</p> <p>You’ll get clear guidance, honest conversations, and medication support (when appropriate) that actually fits your life and your goals — without pressure, shame, or guesswork. Our psychiatrist also has specialized experience supporting headaches and migraines, especially when they interact with stress, sleep, hormones, or mental health patterns. We take the time to understand what’s going on beneath the surface so your treatment plan feels aligned, sustainable, and truly supportive.</p> <p><b>Best for:</b></p> <p>Adults seeking medication support, diagnostic clarity, anxiety or depression treatment, mood stabilization, headache/migraine</p> |

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|   | <p>management, nervous-system regulation, or integrative guidance around stress, sleep, hormones, and lifestyle factors.</p>  |
| <p><b>Life Coaching &amp; Wellness Consulting</b></p> | <p>Not therapy — but supportive, strategic, evidence-informed coaching for people who want structure and momentum. You’ll get clear goals, step-by-step plans, accountability, and lifestyle strategies that help you create meaningful change.</p> <p><b>Best for:</b></p> <p>Life transitions, burnout recovery, motivation struggles, habit building, routines, decision-making, productivity, or anyone wanting a coach who’s grounded in behavioral science — not clichés.</p> |
| <p><b>Wellness Hypnotherapy</b></p>                   | <p>Hypnotherapy uses guided relaxation and targeted suggestions to access the subconscious in a focused, gentle way. It supports emotional healing, stress reduction, sleep, motivation, habits, and mind–body connection — without anything “woo” or theatrical.</p> <p><b>Best for:</b></p> <p>Anxiety, insomnia, stress, confidence building, motivation, pain management, behavior change, or anyone wanting deeper nervous-system support.</p>                                 |
| <p><b>Guided Meditation</b></p>                       | <p>One-on-one guided sessions focused on grounding, breathwork, nervous-system regulation, and building internal calm. Perfect</p>  |

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|  | <p>for people who want meditation support that's practical, personalized, and beginner-friendly.</p> <p><b>Best for:</b><br/>Stress, overwhelm, anxiety, dissociation, difficulty relaxing, or anyone wanting consistent mindfulness tools.</p>   |
| <p><b>Virtual Assistant Services</b></p> | <p>For clients who need help organizing life logistics: scheduling, inbox cleanup, research, task management, or executive support. You receive a time estimate before work begins.</p> <p><b>Best for:</b><br/>Overwhelm, ADHD, busy schedules, executive dysfunction, task paralysis, or anyone wanting their mental load lightened.</p>  |
| <p><b>Guided Body Doubling</b></p>       | <p>For the moments when starting feels impossible. In this session, a practitioner helps you set 1–3 simple goals, keeps time, and provides calm, steady presence while you get things done. Think of it as structured co-working for overwhelmed brains.</p> <p><b>Best for:</b><br/>Task paralysis, anxiety, burnout, and anyone who needs external structure to stay on track.</p> |



# body

| Service  | Rates   |
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| <b>Therapeutic Exercises &amp; Exercise Rehabilitation</b> | <p>A functional, science-based approach for clients dealing with pain, stiffness, injuries, chronic conditions, or mobility limitations. You'll relearn movement patterns, strengthen key muscle groups, improve range of motion, and reduce day-to-day strain through targeted exercises.</p> <p><b>Best for:</b><br/>Joint pain, back/neck pain, chronic illness, injury recovery, mobility challenges, posture issues, weakness from inactivity, or anyone wanting to move with less discomfort.</p> |
| <b>Personal Training</b>                                   | <p>Evidence-informed strength and conditioning tailored to your goals, injuries, and lifestyle. Sessions focus on form, functional movement, progressive strength, and creating routines you can actually maintain long-term — without the gym-culture intimidation.</p> <p><b>Best for:</b><br/>Strength building, weight management, beginners wanting guidance, clients returning from injury, chronic illness fatigue,</p>  |

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|   | <p>confidence-building around movement, and anyone who wants personalized workouts without judgment.</p>  |
| <p><b>Pilates</b></p>   | <p>A controlled, low-impact system focused on core strength, alignment, posture, and breath. Pilates helps stabilize and strengthen the body from the inside out, improving balance, coordination, and overall functional movement.</p> <p><b>Best for:</b><br/>Posture support, core strengthening, back pain, mobility work, injury-sensitive exercise, and clients wanting a gentle but effective strengthening method.</p>  |
| <p><b>Neurodivergent &amp; Trauma-Informed Vinyasa Yoga</b></p> | <p>A supportive, sensory-considerate yoga practice designed for nervous-system regulation and emotional safety. Movements are adaptable, grounding, and paced in a way that supports both beginners and experienced practitioners. This style is especially helpful for clients who want movement without overstimulation or pressure.</p> <p><b>Best for:</b><br/>Neurodivergent clients, trauma survivors, beginners, anyone sensitive to fast or intense classes, and people who want movement that feels safe, steady, and regulated.</p> |
| <p><b>Somatic Yoga &amp; Mindfulness</b></p>                    | <p>A slower, more intentional practice focused on reconnecting with the body through breath, gentle movement, and somatic awareness.</p>  |

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|  | <p>Sessions help you release tension, notice patterns, and rebuild trust with your body in a calm, grounding way.</p> <p><b>Best for:</b><br/>Chronic stress, anxiety, dissociation, tension, trauma recovery, or anyone wanting gentle, body-based emotional regulation.</p>  |
| <p><b>Hatha &amp; Ashtanga Yoga</b></p>                      | <p>A traditional, structured yoga practice that blends strength, alignment, breathwork, and mindful movement. This approach helps build physical resilience, flexibility, stability, and mental focus rooted in the deeper foundations of yoga.</p> <p><b>Best for:</b><br/>Clients wanting a more classical yoga practice, strength building, mobility work, breath–body connection, and structured sequences.</p>  |
| <p><b>Naturopathic Medicine &amp; Nutrition Guidance</b></p> | <p>Whole-person, integrative support for digestion, hormones, energy, mood, immunity, and chronic health concerns. Naturopathic sessions may include lifestyle planning, nutrition changes, supplement guidance, lab interpretation, and functional medicine insights — without overwhelm or extreme protocols.</p> <p>Programs range from quick clarity consults to deep, ongoing support.</p> <p><b>Best for:</b><br/>Hormone imbalance, digestive issues, chronic fatigue, stress-related symptoms, inflammation, immune support, blood sugar</p> |

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|  | <p>balance, nutritional guidance, or clients wanting holistic care that’s grounded in science.</p>   |
| <p><b>Naturopathic Group Class</b></p>   | <p>A supportive, educational group space where you’ll explore holistic, natural approaches to wellness — without the overwhelm. Each session covers practical strategies like nutrition basics, herbal support, lifestyle adjustments, and simple daily habits that help your body function better.</p> <p>Through shared discussion and expert guidance, you’ll learn realistic tools you can actually use in your day-to-day life.</p> <p>Current group options include:</p> <ul style="list-style-type: none"> <li>• Diabetes Support</li> <li>• Nutrition for Immune Support</li> </ul> <p>Groups require a minimum of 3 participants to run.</p> <p><b>Best for:</b></p> <p>Anyone wanting affordable, community-based education on digestion, hormones, immune health, blood sugar balance, or natural wellness strategies; clients who enjoy learning in a group environment; or those wanting to build foundational knowledge before starting 1:1 naturopathic care.</p> |
| <p><b>Nutrigenomics Consultation</b></p> | <p>A DNA-based nutrition and wellness assessment that examines how your body processes nutrients, responds to exercise, and regulates energy. You’ll receive personalized</p>  |

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|  | <p>guidance rooted in your genetics — from ideal dietary patterns to targeted supplementation.</p> <p><b>Best for:</b></p> <p>Clients curious about genetic influences on nutrition, metabolism, digestion, exercise response, or long-term health optimization.</p>  |
| <p><b>Pre-surgical Evaluations</b></p> | <p>A supportive, thorough psychological readiness evaluation required for certain surgeries, including gender-affirming procedures and organ transplants. You'll receive an official letter or report to share with your medical team, along with personalized recommendations to support your recovery and well-being.</p> <p><b>Best for:</b></p> <p>Clients preparing for gender-affirming surgery, bariatric surgery, transplants, or any procedure requiring emotional/psychological readiness confirmation.</p> |



# spirit

| Service                           | Rates   |
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| <b>Aromatherapy Consultation</b>  | <p>A personalized session that helps you choose essential oils and blends that support your mood, grounding, sleep, stress relief, or emotional balance. You'll learn how to use aromatherapy safely and intentionally — with recommendations tailored to your goals and sensitivities.</p> <p><b>Best for:</b><br/>Stress, overwhelm, sleep issues, grounding, emotional regulation, and anyone wanting natural tools to support daily well-being.</p> |
| <b>Sound Healing / Sound Bath</b> | <p>A deeply soothing, immersive experience using vibrational instruments and guided meditation to help calm the nervous system, reduce stress, and support emotional release. Sessions promote deep relaxation and a sense of inner balance.</p> <p><b>Best for:</b><br/>Stress relief, burnout, anxiety, grounding, sleep support, and anyone wanting a calming, meditative experience.</p>  |

**Reiki Energy Healing**

Reiki at Balance & Birch is a gentle, hands-off energy practice focused on nervous-system regulation, emotional release, and reconnecting with yourself in a compassionate, grounded way.

Our Reiki practitioner specializes in self-love and self-compassion, helping clients soften self-criticism, release emotional heaviness, and build a kinder, more supportive relationship with themselves.

Sessions may include guided meditation, intuitive insights, or optional add-ons like journaling prompts, crystals, or a full energetic body scan. The experience is calming, restorative, and centered on helping you feel more connected and cared for — inside and out.

**Best for:**

Clients wanting to cultivate self-love, build self-compassion, reduce self-criticism, release emotional heaviness, support the nervous system, improve sleep, or experience gentle energetic healing and emotional grounding.

**Women's Circle**

A warm, supportive monthly gathering for women who want connection without pressure. This is not therapy or coaching — just a grounded space to share, breathe, and be witnessed. Each circle includes grounding, intention-setting, structured sharing, and a gentle closing ritual.

**Best for:**

Women seeking authentic connection,

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|                                    | <p>community, emotional support, grounding, and a safe space to be heard.</p>  |
| <p><b>Spiritual Book Club</b></p>  | <p>A relaxed, come-as-you-are community space for exploring spiritual growth through reading. Each month we choose a book and gather to share what resonated, what we learned, and how we're integrating it into our lives — no curriculum, no pressure, just honest conversation and connection.</p> <p><b>Best for:</b><br/> Clients wanting community, inspiration, gentle reflection, or spiritual learning without structure or commitment.</p> |
| <p><b>Womb Session</b></p>         | <p>A meditative, intuitive practice that helps expecting parents build emotional connection with their unborn baby. These sessions support bonding, grounding, and emotional regulation during pregnancy.</p> <p><b>Best for:</b><br/> Expecting parents seeking connection, calm, and intentional bonding before birth.</p>   |
| <p><b>Past Life Regression</b></p> | <p>A hypnotic exploration that taps into symbolic or subconscious imagery related to past-life themes. This process helps clients understand emotional patterns or fears through a deeper, more intuitive lens.</p> <p><b>Best for:</b><br/> Clients curious about past-life symbolism, wanting to process emotional patterns, or</p>  |

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|                               | open to exploring subconscious narratives.  |
| <b>Akashic Record Journey</b> | <p>A guided intuitive experience exploring soul-level themes, patterns, or symbolic information. Clients often use these sessions to understand life transitions, emotional patterns, or relational dynamics from a deeper perspective. Includes a Past Life Regression.</p> <p><b>Best for:</b><br/>Meaning-making, emotional healing, clarity during transitions, and anyone wanting intuitive insight into recurring patterns.</p>                     |
| <b>Light Between Lives</b>    | <p>A deeper hypnotic journey exploring symbolic themes related to purpose, soul lessons, or inner guidance. Interpretation varies by client and is approached gently and supportively.</p> <p><b>Best for:</b><br/>Clients seeking meaning, spiritual insight, emotional healing, or a deeper connection to purpose.</p>  |
| <b>Beyond Quantum Healing</b> | <p>Beyond Quantum Healing is a heart-centered, multidimensional hypnosis experience that helps clients explore deeper layers of themselves — emotionally, symbolically, and spiritually. Clients may access past, parallel, or future-life imagery; subconscious patterns; ancestral themes; symbolic guidance; or a sense of soul-level clarity. This work is grounding, supportive, and designed to help clients understand themselves beyond their</p> |

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|   | <p>day-to-day identity.</p> <p><b>Best for:</b></p> <p>Clients seeking deep inner exploration, insight into emotional or spiritual patterns, subconscious healing, symbolic guidance, or support during spiritual awakening and identity shifts.</p>   |
| <p><b>Spiritual Coaching (Launching March 2026)</b></p> | <p>Spiritual Coaching supports the “inner shift” that happens during a spiritual awakening or major life transition — the confusing, disorienting, identity-changing phase that doesn’t always fit into therapy or traditional life coaching. This program provides grounded, compassionate support as clients make sense of what they’re experiencing, build inner safety, reconnect with themselves, and develop confidence in their new identity.</p> <p>Each tier begins with a Beyond Quantum Healing (BQH) session to access subconscious clarity before coaching begins.</p> <p><b>Tier 1: 8-Week Foundations Program</b></p> <p>A structured introduction for clients beginning their awakening or spiritual transition.</p> <p>Includes:</p> <ul style="list-style-type: none"> <li>• 1 BQH session</li> <li>• 7 weekly 60-minute coaching sessions</li> <li>• Reflection worksheets + integration work</li> <li>• Email support</li> <li>• Themes: intuition, boundaries, identity shifts, inner safety, self-worth, healing religious conditioning, and more</li> </ul> |

**Best for:**

Clients starting their spiritual awakening, exploring identity changes, or craving grounded clarity and support.

**Tier 2: 12-Week Deep Transformation Program**

A more immersive program for clients wanting deeper emotional, spiritual, and identity-level transformation.

**Includes:**

- 1 BQH session
- 11 weekly 60-minute coaching sessions
- Personalized practices + weekly homework
- Custom guided meditation or hypnosis recording
- Ongoing messaging support
- Themes: shadow work, inner child healing, purpose clarity, ego refinement, and awakening integration

**Best for:**

Clients wanting intensive support, deeper healing, and a more guided, personalized transformation process.

**Tier 3: Continued Support (Ongoing)**

For clients who have completed a program and want flexible, as-needed check-ins as their awakening evolves.

**Best for:**

Clients seeking continued guidance, accountability, or support as new layers of their growth unfold.

# Professional Consultation

Consultation sessions for therapists, coaches, educators, wellness practitioners, clinics, and businesses seeking expert support. These sessions may include case consultation, program development, curriculum review, workplace mental-health guidance, or specialized input.

**Best for:** Professionals wanting expert guidance, integrative perspectives, or support on complex cases or programming.

# Clinical or Wellness Supervision

Supervision for new or developing professionals looking to deepen their skills, grow their therapeutic or coaching style, and receive grounded, supportive guidance.

**Best for:** Clinicians or wellness providers seeking supervision for growth, clarity, accountability, or professional development.

# Private Workshops & Trainings

Customized workshops for teams, schools, clinics, or organizations focused on mental health, integrative wellness, stress management, communication, or mind–body balance.

**Best for:** Groups wanting tailored education, team support, or a specialized training experience.

# NEXT STEPS

If you're not sure where to begin, we're here to help.

You can schedule a free 15-minute consultation or talk with your provider to choose the right starting point for your goals.

Balance & Birch is built on real science, real structure, and real support — so you're not doing this alone.