



CHARGE FORWARD WITH YOUR LIFE

Wholistic is a state of overall well-ness, physical, emotional and mental well being.

Health is recognizing that your body has needs and taking the necessary steps to meet those needs.

Overall is about the willingness to invest the time, money and energy to the process.

Life demands your attention to love, which effects every area of your life.

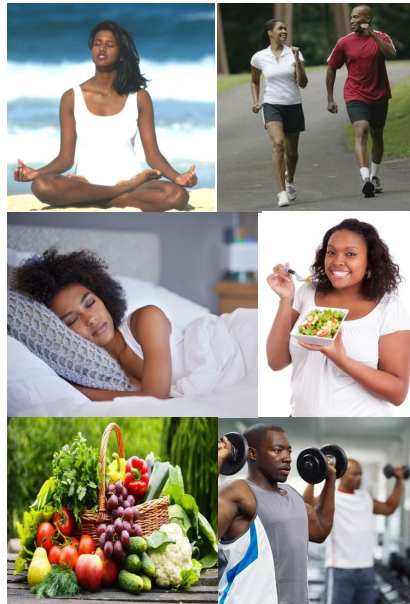
Experience requires making a conscious choice to take consistent actions, follow through and commitment.

Prophetic Solutions wants to partner with you to reclaim your life.

CALL TODAY TO
SCHEDULE AN APPOINTMENT
313-506-3322

**Prophetic Solutions Professional
Counseling Services, PLLC**
25245 Five Mile , Suite 700
Redford, MI 48239

www.prosolutionstherapy.com



prophetic  solutions

Where Passion and Purpose Intersect

Prophetic Solutions Offers Holistic Health Counseling and Weight Management Programs

Prophetic Solution offers an innovative approach that can help you find peace, freedom and healing from the inside out. Our counseling and integrative coaching programs assist our clients in developing an intricate balance of adequate nutrition, sufficient exercise, stress management techniques, psychological wholeness and emotional stability.

At PSPCS; we understand that recovery is a process of personal growth and the development of a balanced state of physical, emotional, mental and spiritual health. Holistic health and weight management programs offer lifestyle methods that are self-nurturing to the body, mind and spirit. Our programs don't solely focus on weight but analyzes all aspects of an individual's physical, mental and emotional health, such as their current nutritional intake, use of any medication and the presence of any disorder/disease. At, PSPCS we help assist our clients in learning the skills that produce change and re-focuses energy to holistic tactics that eliminate self-defeating patterns of behavior and cognition. Individual and Group therapy assist client's in reclaiming their life, health and well-being and fosters peace with oneself, body and food.

TREATMENT APPROACHES

Positive Psychology focuses on increasing awareness of core strengths and using those innate strengths to find meaning

and purpose in life. With, self-compassion clients increase awareness of self judgement, self-criticism, and begin to write a new narrative from a place of self-compassion and self-love.

Mindfulness Based Cognitive Behavior Therapy, (MBCBT) focuses on increasing awareness of irrational patterns of thinking and behaving. MBCBT techniques teaches skills that increases awareness that will assist clients in having a better understanding about how their thoughts directly, impact their behavior and emotions.

Dialectical Behavioral (Informed) Therapy, (DBT) focuses on changing behaviors, emotions and thoughts that are linked to problems in living and causing misery and distress. DBT teaches clients to live with awareness of the present moment, without judgement and without attachment.

Acceptance and Commitment Therapy, (ACT) focuses on letting go of rigid psychological patterns, to build a life of choice rather than a life based on avoidance or fighting feelings. ACT teaches acceptance and commitment to change, patterns that can improve your lifestyle.

WHO COULD BENEFIT

- Individuals that are serious about improving their physical, mental and emotional health but need help.
- Individuals struggling to maintain a health weight range for their body type.
- Individuals who are unable to make peace with their body and food.
- Individuals who suffer from illness that

may have resulted from inappropriate body weight.

- Individuals dealing with eating disorders such as Binge Eating Disorder or Carb Addiction.

PROGRAMS

- Healthy Lifestyle Plan
- Body Management (WHOLE)
- Behavioral Weight Loss Plan
- 21 Day Weight Loss Rehab
- Diabetes Management and Support
- Group Coaching Circle

ACCEPTED INSURANCE PLANS

Beacon

Blue Care Network

Blue Cross

Blue Shield

Blue Cross and Blue Shield

McLaren

Medicaid

Medicare

Meridian

Optum

United Health Care