

Let Your Light & Heart Shine



"A shift can happen at any age by adjusting and broadening the focus of our lens"



Molly Perkins Hauck, PhD
Holistic Integrative Psychologist

Marilyn Spenadel, MS, LCPG, AGS
Holistic Integrative Psychotherapist
Mindfulness, Certified Spirituality Coach
Founder, Empowerment/Resiliency Educator

Alison Babil, LMT
Healer, Teacher, Intuitive
Licensed Massage Therapist
Reiki Master, Energy Healer

Holistic Therapy can help strengthen and integrate the "Whole Person's," mind/body, spiritual psyche, and emotional well being. By learning and practicing ways to enrich one's Holistic healing - resiliency, empowerment, and mindful ongoing growth can occur. This wellness approach can create "Healing Connections" to encourage compassion, healthy communication, nurturing of oneself, relationships, and peace for the greater good.

Holistic Integrative Psychotherapy Benefits:

Holistic workshops and therapy helps clients understand and treat mind/body connections and how to heal their negative impact. **Learn to move in a positive direction, feel more hopeful**

With Advanced Integrative Therapy (AIT), Marilyn's clients process accepting and letting go of painful memories, feelings, and triggers to an experience, "by their roots." The ongoing narrative, emotional and physical pain can be released. Phobias, panic attacks, ongoing grief, social anxiety symptoms dissipate as deep healing and transformation begins. Then, healthy new core beliefs are brought in and instilled to strengthen self-esteem, relationships, and internal peace. In addition, learning meditation and mindfulness helps clients experience diminish ruminating thoughts, anxiety, and depression with ongoing practice

"Aren't we all connected to uplift the universal consciousness and light within us all?" - M. Spenadel

Alison's Testimonials:

"Alison is talented with adults & children with her services"

"I have had a fair amount of energy healing in my life, yet the Alchemical Alignment session I had with Alison was amazing! -Distance Healer"

"Alison is a very gentle healer and, at the same time, very powerful and potent. She has the unique ability of picking up on subtle energies and working with them effectively"

Build internal and external resources

We are not our thoughts, feelings, actions, or diagnosis
We are so much more! Come find yourself
Learn how to plant your seeds of positive growth
Experience ways to validate & nurture you



Emotional pain can become physical pain that therapy & hands on healing can help you alleviate



Holistic Integrative Psychotherapists
Psycho-Educational Workshops & Events
Hands on Healing Practitioners

Holistic Wellness Enrichment Center

6209 Executive Blvd
Rockville, MD 20852

Healing Connections
Mind/Body/Soul

Molly Perkins Hauck, PhD

Holistic Integrative Psychologist

Dr. Hauck has provided therapy for children, adolescents, adults; individuals, couples, and families for 32 years. She works with people who are depressed and anxious, need help with stress management and assertiveness, and have relationship issues. She offers ADHD assessments and treatment. Dr. Hauck believes in integrative medicine, which looks at underlying issues and focuses on natural ways of dealing with them, such as diet, exercise, sleep, and stress management. She teaches mind-body awareness, coping mechanisms (deep breathing, progressive muscle relaxation, meditation and guided imagery), and energy work - Emotional Freedom Technique (EFT).

Insurance panels that Dr. Hauck accepts are:
Blue Cross/Blue Shield, United,
Medicare, Medicaid, and Fee for Service
(301) 881-4884 * DrMollyHauck@gmail.com

Research shows, what helps people progress in therapy is the healing relationship between the therapist and client. Unlike pure talk therapy, our licensed mental health therapists actively participate in the therapy process. This promotes being in touch with feelings, gaining insight, and learning therapeutic modalities and skills to strengthen the mind/body connection. As we are strength-focused, we assist clients in creating goals and resolving issues that brought them into therapy.

The Holistic Wellness Enrichment Center's Mission:

Our Holistic Center was created in 2017 to bring experienced clinicians and healing practitioners together to educate and support the whole person's well being. This philosophy in action treats how thoughts and feelings are affecting the body. Our Holistic practice encourages emotional peace for individuals, families, and our world. Marilyn felt it was time to offer Holistic empowerment education, advocacy training, and therapy in our community with intention to help the bigger picture with compassion.

Different modalities are offered to best help clients find peace and build resiliency/strength from within. Through psychotherapy, psycho-education workshops, and hands-on bodywork, we encourage stress management, motivation, and self-care. As individuals and groups strengthen and heal, so will our world.

"Learn to transcend
and savor your moments,
Your somewhere over the
rainbow," and living with ease,
can be lived in now"



Marilyn B. Spenadel, MS, LCPC, ACS

Holistic Integrative Psychotherapist

Certified Spirituality Coach

Resiliency Enrichment - Mind/Body Educator

Board Approved Clinical Supervisor

"By deep breathing 3 times, in a row, per hour we can uplift our thoughts, feelings, and lives"

Mind/Body/Spiritual Education & Therapy

- Holistic, Resiliency Skill-Building to help with anxiety
 - "Healing Connections" within and interpersonally
 - Meditation, Mindfulness, and Visualization Training
 - Learning to "PAUSE Daily" - make an appt. to nurture you
 - EFT/Tapping, MLP - POD Technique, to accept & uplift
 - AIT - Advanced Integrative Therapy - Chakra/Trauma Work
 - Walking and talking - Nature walk, mindfulness connecting
 - "Deep Breathing & Awareness" to regulate moods
 - Understanding and treating one's epigenetics holistically
- Marilyn offers individual and group Therapy & Workshops:
- Adults, Adolescents, Families, All Helping Professionals -

Create your "Resiliency Strength-Kit" & Routine

Have you ever wondered what your purpose is and how to find peace and answers from within? In therapy sessions you will practice and process empowering mind/body, soul therapeutic techniques. Integrate deep breathing, mindfulness, and meditation to lower cortisol-stress levels, enhance clearer thinking, and promote emotional, physical and PSYCHE wellness. This practice can strengthen confidence, authentic truths, and knowing one matters. Connect to your inner light, listen without suffering, become unstuck, and create a more fulfilling life.

Home of Authentically U Counseling, LLC

www.authenticallyu.org * mспенadel@comcast.net

Call Marilyn for Appointment (240) 426-8344

Accepts Insurance — Individual/Family/Group Therapy



Alison Babil, LMT

Healer, Teacher, Intuitive

Licensed Massage Therapist

Reiki Energy Healer

Alison is passionate about assisting people to transform their bodies and lives through bodywork and connecting with their soul's wisdom. As a licensed massage therapist for over 13 years and trained in several other modalities, Alison brings a wealth of experience and insight to her sessions and classes.

She works with a wide range of issues: pain and stress reduction, trauma recovery, embodiment/grounding challenges, injury recovery, back pain, headache reduction, spiritual/emotional challenges, and more!

Services offered:

- Massage therapy with specialties in pregnancy, severe headaches, and whiplash
- Reiki energy healing
- Intuitive readings
- Soul Lightening Acupressure for
- Alchemical Alignment/Trauma resolution & embodiment of spirit
- Soul Guidance Sessions: Uncover your soul's wisdom
- Feldenkrais techniques: For pain reduction and easier movement

Alison teaches skills' classes for intuition development, stress-reduction, and acupressure for self or others.

Her work invigorates the wholeness already within you to aid in reaching your personal goals. She sees adults, children, and families. All gender and sexual orientations welcome. In person or distance sessions available.

For more information, www.truenorthhealing.com, or reach her at:

True North Healing

Phone: (240) 426-3636

Email: Alison@truenorthhealing.com