

HOLISTIK THERAPY

Healing that holds you.

Therapy that finally feels human.

IN-HOME THERAPY · LA SALA PARAMUS

Two rooms. One practice. The same hand of care.



www.holistiktherapy.com

connect@holistiktherapy.com · 201-218-8383 · [@holistiktherapy](https://www.instagram.com/holistiktherapy)

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We didn't build Holistik to fit a system.

We built it because the system wasn't working.

Families were rushed. Stories were reduced. Pain was pathologized. Holistik is the room that resists that – slower, deeper, and unapologetically human. Each session is an invitation to return to your own knowing. This is not one-size-fits-all therapy. It is tailored, relational care rooted in presence.

MIND

*Emotional literacy,
regulation & resilience*

BODY

*Somatic care, rest,
rhythm & nourishment*

SPIRIT

*Connection, intention,
healing lineage*

WHAT WE STAND FOR

We BELIEVE everything we need to create a fulfilling and meaningful existence comes from within.

We STAND for social justice and equality – in the room and beyond it.

We HOLD space for self-discovery, healing, and growth, without rushing the process.

We LEAD by example and from the heart, in every session we carry.

Therapy in your home.

*Medicaid-funded care for children and families
across New Jersey – in the rooms you already live in.*

We come to you. Your kitchen table. Your child's bedroom. The couch where hard conversations happen. Because healing doesn't require a waiting room – it requires the right person in the right space, with enough time to actually listen.

WHO WE SUPPORT

- Anxiety & Depression
- Autism Spectrum Disorder
- ADHD
- Oppositional Defiant Disorder
- Obsessive-Compulsive Disorder
- Trauma & Complex Trauma
- PTSD
- Suicidal Ideation
- Anger & Emotional Dysregulation
- School Refusal
- Learning Disorders
- Adjustment Disorders
- Sexual Abuse (Trauma-Informed)
- Substance Use Concerns
- Harassment & Bullying
- Delayed Cognitive Development

Available across New Jersey · Accepts Medicaid

No waitlist fee to inquire · Free 15-minute consult

La Sala.

Private therapy for adults, adolescents & families.

Named for the room where family gathers. A deliberate choice.

*Out-of-network · Cash-pay · Superbills available
English & Español – bilingual by design, not translation*

*La Sala is for the adult who has been waiting.
Who knows something needs to shift – but hasn't found
a room that could hold that kind of work.*

This is that room.

Individual Therapy

Adolescent Therapy

Family Sessions

Maternal Mental Health

Begin with a free 15-minute conversation – no forms, no pressure.

A conversation.

Not a commitment.

You don't need to have it figured out. You don't need the right words, the right insurance, or certainty about what you're looking for. Send us a brief note — a name, a number, a few words about what's on your mind. A real person reads every message and responds within one business day.

01 **Send us a note**

A name, a phone number, a few words about what's on your mind. That's all it takes to open a door.

02 **A free 15-minute call**

We connect by phone — no intake forms, no insurance checks, no pressure. Just a conversation.

03 **Begin your work**

We match you with the right therapist, at a pace that honors your life and where you actually are.

GET IN TOUCH

www.holistiktherapy.com

connect@holistiktherapy.com

201-218-8383 · WhatsApp welcome

25 N Farview Ave, Paramus, NJ 07652

[@holistiktherapy](#) · English & Español

H O L I S T I K T H E R A P Y

*We don't fix people.
We remind them who they are.*

*No arreglamos personas.
Las recordamos quiénes son.*

In-home therapy for children & families across New Jersey.

La Sala — private sessions for adults in Paramus.

Medicaid accepted · Out-of-network · Bilingual

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