

Focus on the step in front of you, not the whole staircase.



We are a team of mindfully aware, always evolving therapists that show up authentically as our full selves. We believe that not one path to transformation is the same and the transformation process is never linear.

Mindful Transformations LLC mission is to help their clients raise their level of consciousness which will help them gradually transform into the person they were always meant to be. You are the expert on your life experience, and we, as therapists, are guides to help you reach your goals. Our team takes an integrative/ holistic approach to the healing process.



Get in Touch

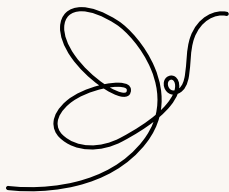
860-308-2807

16 Brace Road West Hartford CT 06110

Mindfultransformationsct@gmail.com



Bring yourself into alignment, allow wellness into your life



Our Groups



Holistic educational programs groups and workshops

Mindful Healings -

Learn and practice different mindfulness techniques to use for stress management and to cope with Depression and Anxiety symptoms naturally and holistically. This group is based on the principles of holistic psychotherapy. You will learn a variety of healing modalities including Mindfulness-based cognitive behavioral therapy, EFT (emotional freedom technique), Guided Meditation, and solution-focused interventions while lowering your stress level and increasing your self-care to reach a new level of awareness.

Cognitive Behavioral Therapy/ Law of Attraction Groups:

This is not your average law of attraction workshop. Come learn about what the Law of Attraction (LOA) is. Cognitive Behavioral Therapy (CBT), brain science, and how it all works together... Start the process of creating the life you were always meant to have!

Our groups/ workshops are always changing and evolving check our website for monthly groups



Our Mission

No one path to transformation is the same and the transformation process is never linear. However Mindful Transformations LLC mission is to help their clients raise their level of consciousness which will help them gradually transform into the person/system they were always meant to be.

Our Services

- Individual Therapy
- Family Therapy
- Group Therapy
- Couples Therapy
- Reiki/ Energy Work

Our Modalities

- Mindfulness based Cognitive Behavioral Therapy
- Transpersonal/ Holistic Therapy
- EFT Emotional Freedom Technique
- EMDR Trauma response therapy
- Behavioral Therapy
- IFS Internal Family Systems
- Somatic Therapy
- Strength Based
- Life Coaching

Our Team



Each of our therapists has their own unique specialty and focus. You can find detailed information about each therapist on our website. Our group of therapists is available to see adults, teens, couples, and families experiencing trauma, anxiety, and depression.

Sending the first email, or making the first call can be hard. Your future self is thanking you for reading this page. You are the expert on your life experience, and we, as therapists, are guides to help you reach your goals. Our team takes an integrative/ holistic approach to the healing process. We hope to hear from you!

Insurance Accepted

We currently accept Anthem, BCBS, Optum, Connecticare, Husky and out of pocket.

