

## What is Holistic Counseling?

offered by **Katie Tandon**,  
MA, CEAP, CACD, LPC, CCAP, RYT, CMT

### Holistic Counseling is first of all Empathetic

Holistic counseling recognizes the individual as both an individual consciousness and a part of the related consciousness of humanity. From this perspective, it follows that we are all equal, and therefore equally deserving of empathy and compassion. In holistic counseling therefore, empathy comes first – an understanding and sympathy for that fact that we share the human condition – its joys and sorrows, so there is never a reason for judgment. Holistic counseling further assumes that therapeutic connection is itself healing, so the idea of a nurturing, open and trusting relationship between client and counselor is a core concept. An attitude of true caring provides the context for growth and healing.



### Holistic Counseling is Clinically Sound

Katie received Training in Counseling from Temple University, Villanova University and Bryn Mawr College. She completed her MA degree in Psychology and Literature in 1991, and her Certificate in Addictions Counseling in 1992. She has been Certified as an Employee Assistance Professional since 1993, and holds Pennsylvania Licensure as a Practical Counselor, and International certification as a as Addictions Counselor Diplomate (certified at the Master's Level). She has further clinical certification as a Child and Adolescent Psychotherapist. Her clinical practices draw from a variety of disciplines, and Katie has done an enormous amount of non-structured learning in Psychology, part of which entailed the writing and presentation of a 70-book review of existing literature in mind/body healing in the discipline of Transpersonal Psychology.

**If you knew, as I do, the power of giving,  
you would not let a single meal pass  
without sharing some of it.**

**--The Buddha**

Katie has worked as the Clinical Director of a national EAP and written Managed Care Insurance carve outs implemented nationwide while working in the EAP field for 15 years, and has worked as both Manager and Instructor for Temple and Penn State Universities. Research work included efficacy studies on the ASI, and studies in Transpersonal Psychology. She was Emergency Service Coordinator for a private Managed Care Psychiatric firm managing MH and SA contracts for a national insurance company, and previously, a social worker with adolescents and children during more than 25 years in the mental health field. She also enjoys a private practice in individual Therapeutic Yoga, and is a Professional Member of the International Association of Yoga Therapists as well as a published author in the fields of Yoga, Mental Health, Addictions and the Arts.

Katie offers services in outpatient treatment for addictions and mental health issues under many Employee Assistance Programs and Insurance Companies\* including:

- Cigna
- Aetna
- United Behavioral Health
- Horizon Blue Cross
- ValueOptions
- Best EAP
- Impact EAP
- Preferred EAP
- Carebridge
- Ceridian
- NEAS
- Business Health Services
- ESI and others

Katie offers counseling in two locations, in Plymouth Meeting, Montgomery County and Valley Forge, Chester County. For more information contact Katie at [lighton@katiетandon.net](mailto:lighton@katiетandon.net) or go to [www.katiетandon.net](http://www.katiетandon.net)  
\* Subject to change.



**Katie Tandon**

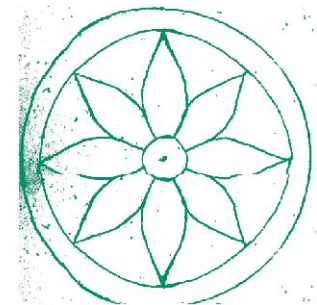
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- Licensed Holistic Counselor
- Therapeutic Yoga Instructor
- Meditation Teacher
- Certified Massage Therapist

# Holistic Counseling

**MENTAL HEALTH AND  
ADDICTIONS TREATMENT  
FOR THE WHOLE PERSON**



## Holistic Counseling is Clinically Eclectic

Having studied widely in Psychology, Katie draws from many therapeutic techniques, believing that not every technique works for every person, so one's 'tool kit' must by necessity be very large. Especially influential have been the works of Carl Jung, Cognitive Psychology, most notably David Burns and Martin Seligman and the Positive Psychologies, Solution-focused counseling, (though always with an insight orientation), the developmental theories of Abraham Maslow and Eric Ericson, and the Humanistic school of Psychology in general, especially the works of Milton Erickson, Rollo May, Alfred Adler, and Virginia Satir. Transpersonal Psychology has also held a prominent place in Katie's work, especially the works of Ken Wilbur, John Welwood, Daniel Goleman, Jean Houston, Steven Gilligan and Tara Brach, as well as study in the more modern, energy-related counseling technique called Neuro Emotional Technique.



## Holistic Counseling is Spiritually Informed

Seeing people Holistically entails an understanding of people as spiritual beings. Not everyone wants to work at the level of spiritual insight, striving or understanding, which is 100% OK. Thus empathy again is predominant, and no spiritual context need come into counseling at all. However, if a client is so inclined, regardless of the particular religious context, the development of spiritual insight or perspective can be useful in working out issues and healing the mind. Katie has pursued spiritual practice consistently for nearly 30 years in the disciplines of Sufism, Yoga, Taoism and Buddhism. Having read and practiced widely, she is an initiate in the mystical schools of Yoga, Buddhism and Sufism, and has studied with world-renowned teachers in each. Katie offers free workshops in various meditation techniques several times a year. She incorporates much Eastern Psychology into her clinical style in the form of both ideologies and relaxation and meditation techniques where appropriate.

## Holistic Counseling Involves Incorporation of the Mind /Body Perspective

Perhaps what sets Holistic Counseling apart most notably is the deep understanding of the mind/body continuum presented in Yoga Psychology. Katie has studied and taught Yoga and Meditation for more than 25 years, and studied its psychological and esoteric philosophies for as long. The Eastern tradition of understanding the body as the gross manifestation of mind and the mind as the subtle aspect of physical existence is central to yogic philosophy, and once incorporated, allows one to view the individual holistically, rather than in separate parts.

Hence, what happens in the mind is understood to affect health, and how we treat the body can be known to affect balance in the mind. Katie's study of Therapeutic Yoga has included over 300 hours of anatomy and physiology training, as well as Certification as a Massage Therapist. This deeper understanding of the body also entails knowledge of the energetic system of the body through study of energetic meridians in oriental bodywork, and study in Chinese and Ayurvedic medicines, as well as Neuro Emotional Technique. Study of the energetic body lends balance to Katie's understanding of the intermingled effects produced by the mind/body complex.



**The bud  
stands for all things,  
even for those things that don't flower,  
for everything flowers, from within, of  
self-blessing  
though sometimes it is necessary  
to reteach a thing its loveliness,  
to put a hand on the brow  
of the flower, and retell it in words and in  
touch, it is lovely  
until it flowers again from within, of self-  
blessing  
– Galway Kinnell**

## Affiliations and Intentions

Katie's practice enjoys affiliation with Michael Cheikin, MD, Holistic Physician and Medical Director of the Center for Optimal Health where Katie also teaches and counsels. Dr. Cheikin specializes in the integration of traditional medicine with medical acupuncture, medical yoga, and holistic nutrition.

Dr. Chekin and Katie Tandon seek to integrate the practices of holistic medicine and counseling to expand upon the options of traditional drug and talk therapies. Holistic modalities offered include insight-oriented counseling, yoga, meditation, acupuncture, NeuroEmotional Technique, NeuroModulation Technique, relaxation and breathing techniques, massage and rehabilitation medicine, and metabolic management including diet, supplements and special tests.

Together we seek to establish a path towards healing and fulfilling potential within the individual, their family and community, through the use of mental, spiritual and physical means. Towards these ends, we actively promote education, balance, homeostasis, calm and insight in each person.



**Every step of progress leads not only  
to our own success, but to a better  
world and heightened spirituality in  
all beings. Our smallest self-  
improvement is of the greatest  
importance to ending suffering in the  
world, and to the bettering the human  
condition, for how things are in the  
world is a reflection of the  
accumulated effort of human beings to  
follow the good within themselves.  
– Carol Anthony**