

# LifeWise Counseling and Wellness, LLC

817.602.8520

LifeWiseLLC@proton.me

## Welcome!

LifeWise Counseling and Wellness, LLC is a network of professionals who love to help others. We are so proud that you made the first step in working toward healing, growing, and creating the foundation to live your LifeWise!

## Our Providers

- Stacy Hixon, MA, LifeWise Partner, Life Coach, Licensed Professional Counselor  
[stacyhixon@gmail.com](mailto:stacyhixon@gmail.com)
- Lynn Hixon, MA, LifeWise Partner Life Coach  
[lmhixon3@gmail.com](mailto:lmhixon3@gmail.com)
- Melissa Winn, Health and Nutrition Coach  
[melissa@melstrainingbooth.com](mailto:melissa@melstrainingbooth.com)
- Cindy Hannigan, MS, Licensed Professional Counselor  
[selfcareheros@gmail.com](mailto:selfcareheros@gmail.com)

## Services

The services we offer are licensed mental health counseling and certified life coaching, health and nutrition coaching, speaking engagements, psychoeducation, and workshops.

We have many areas of focus that you may view in the table below. Our services are for individuals, couples, families, businesses, and groups.

We offer various time frames for our services, which may be determined by you and your provider.

- 50-minute sessions
- 4-hour intensives

- 4-hour workshops

- 50-minute support groups

## Areas of Focus

| Licensed Professional Counseling       | Certified Life Coaching                                 |
|--|---|
| Anxiety                                | Career exploration                                      |
| Boundaries Depression                  | Coaching for master degree counseling students and LPCA |
| Cognitive Behavioral Therapy           | Couples/Family communication and conflict resolution    |
| Complex Post Traumatic Stress Disorder | Divorce/Co-parenting resolution                         |
| Communication                          | Health and Nutrition                                    |
| Depression                             | Law enforcement/First responders                        |
| Dialectal Behavioral Therapy           | Leadership  |
| Exposure Therapy                       | Life coach development                                  |
| Inner Child Healing                    | Parenting   |
| Stress and Anger Management            | Premarital  |

## Communication

LifeWise clients may communicate with their providers 24/7 (we will answer as soon as possible) via email, or the provider portal.

Stacy: [stacymhixon@gmail.com](mailto:stacymhixon@gmail.com)

Lynn: [lmhixon3@gmail.com](mailto:lmhixon3@gmail.com)

Melissa: [melissa@melstrainingbooth.com](mailto:melissa@melstrainingbooth.com)

Cindy Hannigan: [selfcareheros@gmail.com](mailto:selfcareheros@gmail.com)

We don't want you to have to wait until each session to communicate. If something comes up or you have questions, please reach out. You may also reach us at [LifeWiseLLC@proton.me](mailto:LifeWiseLLC@proton.me).

# Process Overview

## Client Process:

- View our Welcome packet and establish which services you think may benefit you and note any questions you may have to ask your provider.
- Contact your provider and set up a 15-minute free consultation.
  - Establish fees and payment agreements.
  - Ask any questions.
- Read and sign all contracts sent by your provider.
- Register for the appropriate portal and provide all requested information.
- Schedule a session.

## Expectations

Working on ourselves may be difficult at times. There will be emotional, mental, or physical challenges. Sometimes things get worse before they get better. There will be empowerment, support, growth, and healing.

### What you can expect from us as trained professionals

- Professionalism
- Knowledge
- Empathy
- Empowerment
- Encouragement
- Understanding
- Education
- Skills
- Growing
- Healing
- Function
- Support

### What we expect of you as our clients:

- Commitment by attending all scheduled sessions. (We allow 24-hour notice for cancellations and there will be a charge for all no-shows.)
- Dedication by doing your homework and keeping your word to yourself.
- Honesty by being vulnerable and open even when it's uncomfortable and difficult.
- Flaws by making mistakes and accepting that it's okay.

- Be present by showing up to your sessions without the influence of alcohol or illicit substances.

## Tools and Resources

We have many tools and resources on our blog that you may access at <https://lifewisetx.wordpress.com/>. There are also other resources on our blog under the “Resources” menu on the right. You will also receive personalized resources from your provider.

We also have a question and answer page at <https://lifewisetx.com/q-a/>. If you don't find the answer to your questions there, please email us at [emaillifewise@gmail.com](mailto:emaillifewise@gmail.com).

## What Next?

1. If you're not sure which provider to select, please email us at [emaillifewise@gmail.com](mailto:emaillifewise@gmail.com) and we can assist you in determining who may best fit your needs.
2. Go to our website at [lifewisetx.com](http://lifewisetx.com) and select your service provider.
3. Contact the service provider to determine that your needs are within their scope of training.
4. Schedule a free 15-minute consultation with your provider.
5. At your consultation expect:
  - You and your provider will determine whether they are a good fit.
  - Determine fees and how you will pay them.
  - What type of services will best fit your needs.
  - Answer any questions you may have.
  - Determine the type of schedule frequency.
  - Determine where you will meet.
  - Determine the best way to communicate.
6. Before your first full session, make sure you have read, completed, and signed all required forms.

**We look forward to working with you!!! - The LifeWise Team**