



HEATHER BOLL



CPSS, Owner of The Hive

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OUR MISSION

The Hive's mission is to offer experiences for individuals to build community, support and empower one and another. Finding their strengths from vulnerability, while leaning in on one and another using life hardships as leverage to heal.

ABOUT HEATHER

Heather is a Mental Health State Certified Peer Specialist Minnesota DHS, and Wellness Expert. She has decades of training and experience in the fields of mental health, holistic wellness, and mind, body, soul healing modalities. Including Peer Counseling, Soul Awakenings Meditation/Mindfulness, and Vibrational Healing. She brings a powerful, yet compassionate presence, guidance, and healing.

She will move you far beyond programmed limitations, awaken your soul, and activate a powerful inner confidence. Heather is a brilliant healer. She unblocks emotional wounds, trauma, and fears. Allowing you to fulfill your deepest desires and wildest dreams.

Heather's lectures, workshops, and private sessions have transformed hundreds of lives and counting. With her wealth of knowledge and experiences, she inspires, aligns, and brings clarity to all who seek her gifts and wisdom.

Heather has dedicated her life to bring global change and accessibility for all to receive mental health and wellness services.



ALTERNATIVE AND HOLISTIC HEALING MODALITIES IN PEER SUPPORT

INTRODUCTION

PEER SUPPORT

Peer Support involves speaking through your experiences, with minimal but intentional feedback from your Peer Specialist. Your Peer Specialist is not present to interpret your experiences; they may, instead, opt to repeat back what you say to help you understand your thoughts and feelings in a new way.

Peer Support Workers inspire hope that people can and do recover; walk with people on their recovery journeys; dispel myths about what it means to have a mental health condition or substance use disorder; provide self-help education and link people to tools and resources; and support people in identifying their goals, hopes, and dreams, and creating a roadmap for getting there. Peer support workers can help break down barriers of experience and understanding, as well as power dynamics that may get in the way of working with other members of the treatment team. The peer support worker's role is to assist people with finding and following their own recovery paths, without judgment, expectation, rules, or requirements.

HOLISTIC AND ALTERNATIVE HEALING MODALITIES

WHAT ARE HOLISTIC AND ALTERNATIVE HEALING MODALITIES?

Holistic and Alternative Healing Modalities goes beyond the diagnoses and sickness that you may have. You are viewed as a person, first and foremost. Holistic Therapy is a great route for someone who wants to approach their healing with their entire being taken into consideration, not just the symptoms and diagnoses that shape the way they experience life.



MIND-BODY MEDICINE

Mind-body techniques are based on the theory that mental and emotional factors can influence physical health. Behavioral, psychologic, social, and spiritual methods are used to preserve health and prevent or cure disease.

Because of the abundance of scientific evidence backing the benefits of mind-body techniques, many of the approaches are now considered mainstream.

GUIDED IMAGERY

Meditation and Breathwork encourages mindfulness and increased self-awareness via breathing exercises

Mindfulness is the practice of being present and aware of your thoughts, feelings, and experience from moment to moment. This is an ideal practice for someone wanting to increase their self-awareness.

MANIPULATIVE AND BODY-BASED THERAPIES TREAT VARIOUS CONDITIONS THROUGH BODILY MANIPULATION.

- *Chiropractic*
- *Massage, Cupping, Acupuncture*

Energy therapies focus on the energy fields thought to exist in and around the body (biofields). These therapies also encompass the use of external energy sources (electromagnetic fields) to influence health and healing.

ENERGY MEDICINE

- *Traditional and Japanese Reiki*
- *Cranial Sacral Therapy*
- *EFT(emotional freedom technique) Tapping*
- *Chakra Balancing*

POLYVAGAL THEORY/ VAGAL NERVE/VAGAL TONING

Polyvagal Theory/ Vagal Nerve/Vagal Toning focuses on your social experiences and views your behavioral challenges and mental health disorders as responses from the autonomic nervous response to these experiences. **Singing, Humming, Chanting and Gargling** The vagus nerve is connected to your vocal cords and the muscles at the back of your throat. Singing, humming, chanting and gargling can activate these muscles and stimulate your vagus nerve.



VIBRATIONAL HEALING/SOUND BATH

Vibrational Healing/Sound Bath help to facilitate shifts in our brainwave state by using entrainment. Entrainment synchronizes our fluctuating brainwaves by providing a stable frequency which the brainwave can attune to. By using rhythm and frequency, we can entrain our brainwaves and it then becomes possible to down-shift our normal **beta** state (normal waking consciousness) to **alpha** (relaxed consciousness), and even reach **theta** (meditative state) and **delta** (sleep; where internal healing can occur).

Using vibrational healing to provide a very precise re-education of **neural pathways**, it remaps patterns within the **nervous system** and rebuilds and strengthens self-regulation skills, reinforcing the dominance of the newest, social engagement branch of the vagal nervous system.

Sound bowls, Tibetan/Himalayan Song Bowls, Binary Beats, Gongs, Koshi Chime, Tuning Fork, Ocean Drum, and more.

NERVOUS SYSTEM REGULATION

Sympathetic Nervous System Fight/Flight/Freeze/Flood/Fawn Response (amygdala)

Parasympathetic Nervous System Rest and Digest

Regression/Past Lives focuses on past experiences that shape your current experiences and that create barriers in your overall quality of life. This is a great option for someone who wants to proactively process their past experiences that may otherwise present themselves as obstacles in their current experiences.

Somatic Experiencing/Exploration is designed to alleviate the symptoms of PTSD and C-PTSD. You understand how your trauma impacts you on a physical level. Shifts in posture, changes in breathing, and fidgeting could all be observations in a Somatic Experiencing session. Someone who seeks to change the physical responses that occur as a result of their trauma may appreciate the effects of Somatic Experiencing.

The Daring Way is a recent program developed by Brené Brown that's used to help you overcome shame, build courage, and embrace the power of vulnerability. This is a great approach for someone who needs to dig deep to find the barriers that impede on their choices, identity, and current quality of life.

Yoga can be used as a treatment or preventative method in maintaining both your mental and physical health. Many view Yoga Therapy as an opportunity for meditation, and it has often been found to be effective in treating depression and anxiety when coupled with Peer Specialists.



NON/OFF LABEL USE PHARMACEUTICAL MEDICATION/ MEDICINAL/PLANT

Ketamine There is a growing number of scientific research papers indicating that patients suffering from treatment-resistant depression, bipolar disorder, anxiety, post-traumatic stress disorder (PTSD), etc. benefit from Ketamine infusions. In such patients, Ketamine at a dose that is significantly lower than the anesthetic dose can produce a very positive response.

Marijuana Studies report that medical cannabis has possible benefits for several conditions. State laws vary in which conditions qualify people for treatment with medical marijuana.

Psilocybin Evidence from mostly small observational studies suggests that micro dosing psilocybin, the psychoactive ingredient in magic mushrooms, can improve cognitive function and alleviate symptoms of depression and anxiety.

Ayahuasca, a plant concoction that contains the natural hallucinogen known as DMT. The scientific evidence on ayahuasca is limited, but it is known to activate repressed memories in ways that allow people to come to a new understanding of their past. In some cases, it helps people work through memories of traumatic events, which is why neuroscientists are beginning to study ayahuasca as a treatment for depression and PTSD. (There are physical and psychological risks to taking it as well — it can interfere with medication and exacerbate existing psychiatric conditions.)

ADDITIONAL RESOURCES

Apps: *Insight Timer, Be-Okay, Think Up*

Books: *When Love Meets Fear: Becoming Defense-less and Resource-full* Becoming Defense-less and Resource-full *Richo, David, 101 Essays That Will Change The Way You Think* *Wiest, Brianna, What Happened to You?: Conversations on Trauma, Resilience, and Healing* *Conversations on Trauma, Resilience, and Healing* *Winfrey, Oprah, No Cure For Being Human* *Bowler, Kate, The Gifts of Imperfections* *Brown, Brené, Sacred Medicine* *Rankin MD, Lissa, Meet Your Soul* *Romeo, Elisa, The Way of Integrity* *Beck, Martha, Mother Hunger* *McDaniel, Kelly, Atlas of the Heart*, *Brown, Brené The Body Keeps the Score*, *Van der Kolk M.D., Bessel, How to Do the Work*, *LePera, Dr. Nicol, Energy Healing for Empaths*, *Campion, Lisa, Healing Your Lost Inner Child*, *The Untethered Soul*, *Micheal Singler, Somatic Internal Family Therapy*, *Susan McConnell*

For more information about Heather and to engage her speaking and coaching services, visit heatherboll.me

