

KENLEE VALLESKEY THERAPY

Therapeutic approach: valuing process, pace & personhood

I deeply value client work and my own personhood—*mutually, not exclusively*—therefore I seek to prioritize pace and sustainability throughout the year to show up to this work with integrity.

The following is a seasonal model of care that has come from my years of practice:

• **I am a 10-month therapist and a year-round human**, taking time off of client work each season to allow tending to my own being and creative pursuits outside of the therapy space, with longer pauses in winter and summer months.

• **For the majority of the year** (September-June) you will find me in my South Mpls office, offering hybrid options for clients whom telehealth sessions are preferred, as well as for times I travel/work remotely.

• **Summers** (July-August) hold an entirely different fluidity and pace here in MN, therefore I take more time out of office to provide continued online client care, as well time off each August before welcoming a new year.

**Please note: for any seasonal times of pause throughout the year I am happy to provide additional supports, groups, and referrals for existing clients continued care as needed.*

• **Investing & Divesting:** I will be the first to acknowledge this is *intentionally* and structurally different than traditional year-round therapy model. This will not be for everyone. I welcome that, and deeply trust that those who align with this model will, and those who might have different needs/wants/pacing will honor that and find spaces of alignment and support.

My hope is to invest in a vision of seasonal care for therapist and client alike that allows for:

The 1:1 relational, attachment and depth work I am so value with clients

“All I mean by healing is this: that you learn to hold yourself in exactly the way you were never held.” -James Pearson

Offering seasonal groups and community care at accessible rates

“We don’t heal in isolation, but in community.” —Audre Lorde

Times to lay fallow in order to let the integration of this work take root

“Change does not happen through trying to trick ourselves out of a story we have been groomed to rehearse through our developing years. Rather, transformation happens from the ground up; when we have a new experience of ourselves and hold our attention on it long enough for it to sink in.” -Hillary McBride

Here’s to attuning to our many seasons, rhythms and pace,
And not doing it any of it perfect...or alone.

(Un)learning with you,
Kenlee