



Elizabeth Graves, PhD, LCMHC-S, SD, Member of MINT



My Counseling Approach

I am a grief specialist committed to helping people learn how to be transformed by their losses rather than stymied by them. My work focuses on the feelings, habits, and meaning-making that we do when we suffer big losses. Death and new-life, I believe, go hand-in-hand, but both can be painful processes before they are experienced as invaluable, meaningful ones. Therefore, I believe in taking a sensitive, companionate, and developmental approach to helping clients be transformed by their losses.

My approach to working with people in counseling is rooted in the relationship we craft in our work together. Like trees in our native woods, I believe people grow by means of sharing experiences and resources. Likewise, I believe people get stuck by means of encountering barriers to that growth that overwhelm them. Rather than working to find coping strategies and 'solutions' that treat the symptoms of that distress, we work together to understand how the larger ecosystem of your life functions already and then harness that ecosystem to create the kind of new growth you long to see. Although at present you may only see barriers, the seeds of that new life are already within you. Sometimes we can glimpse these seeds through dreams, active imagination, our bodies, our art, our stories, and more. But as you learn to trust your own ecosystem, previously-unimagined possibilities often present themselves.



Rates

For those wanting to use insurance, I accept: Blue Cross Blue Shield, Aetna, and UBH Optum. For insurance plans in which I am out-of-network, I can provide you with a superbill so you can pursue reimbursement directly.

For those preferring no third-party payer, my private-pay rate is \$175/hr.

For those needing sliding scale rates, Open Path Psychological Collective allows you to submit an application through their platform wherein those who qualify can receive a sliding scale \$60/hour fee.

To apply, please see: https://oppc.mentalhealthexcellence.org/therapy-within-reach/?gclid=Cj0KCCQiAhZT9BRDmARIsAN2E-J0tH88-t82UvQLoUnR7TdQxl3sQ0cXXcOAte0OTikAgBzERmtG6fugaArIzEALw_wcB



Soul Guidance

As a spiritual director/soul guide, I help people glean the seeds and track the signs of their own soul through modalities like contemplative practices, Soul Collage®, active imagination, dreamwork, expressive arts, nature immersion, and breathwork. Typically, these sessions focus on the big questions like, "Why am I here?", "What is my place in this world?", "What do I bring to my community?", "How can I better attune my ear to the Divine?", "What is the still, small voice in my soul telling me?" For some, this can look much like therapy (quiet, indoor space) while for others it looks like nature immersion (outdoors, in the forest) or a workshop (indoors, with myriad art supplies). Setting is catered to how you best experience Spirit, Soul, or the Divine. I have assisted dozens of seekers since I began this work in 2005 and look forward to hearing how I can best guide you closer to your own soul's purpose.



End of Life Planning

As an End of Life Planning & Care Coach, I offer careful planning, compassionate companionship, and/or caring support to terminally ill persons and their loved ones. There are a variety of ways I can assist you. They include:

- ~ Best Three Months® Planning: Over 6 one-hour sessions, we make a plan for your end-of-life that is both meaningful and full. We do this using a tool called Best Three Months®. At the end of our time together, I will provide you/your loved ones with a detailed plan of your wishes so that they can be enacted. (\$650 package)
- ~ Family Sessions: Over 3 one-hour sessions, you and I work together to convey your wishes to loved ones and craft a team that can enact your plan. (\$300 package)
- ~ End of Life Counseling: For those wanting more guidance through the liminal process of life into death, we can continue our work together by moving through grief, enacting forgiveness, affecting healing, and creating ceremonies or rituals around what is ending and what may come next. It is your values, traditions, and beliefs that guide our work together throughout. (\$100/session)
- ~ Vigil Service: Those loved ones wanting assistance with care during the end of life passage of their beloved may enquire about bedside vigil services. (Contracted separately, tailored to the individual)



Training & Consultation

What is Motivational Interviewing? Motivational Interviewing (MI) is an Evidence-Based Practice used by helping professionals to encourage and support positive change behaviors in clients and patients who have found change difficult. It is one of the most researched practices in the helping professions and so is always improving and changing itself. For me, MI was the way I was able to integrate my clinical practice with my values, style, and beliefs about people. It is a practice deeply rooted in compassion, acceptance, and equitable partnership. As such, it has been shown to have particular efficacy with marginalized populations including children and adolescents.

Training Approach: My approach to learning is extremely experiential. We are up and down, mingling, engaging, practicing, and having fun. My style is always invitational, gracious, and experimental. This means that I, too, flub up – which is great for learning.

Recommended Training Models: (see linked PDF for descriptions, benefits/costs, etc)

1. 5/25 Model: (5 Days Over 5 Months)
2. 5/1 Model: (5 Days Over 1 Week)
3. MI4 Model: (4 Day Introduction to MI)
4. MI3 Model: (3 Day Introduction to MI)
5. MI Handshake: (1 or 2 Day Introduction Training)

2022 Rates:

For-Profit Groups, Agencies, Corporations: \$1500/day.

Sliding-Scale for Non-Profits & Public Schools: \$1000/day

(*denotes those groups who work with adolescents and/or other marginalized populations)



Supervision

Supervision is some of the most rewarding work that I do. Since 2010, I have ushered more than a dozen initially-licensed LPC-A and LCMHC-A clinicians in North Carolina through the most formative years of their clinical careers. To gauge our potential fit, we will meet to discuss our styles and approaches. Additionally, I am happy to provide you with contact information of past or present supervisees who can help you assess if we might be a good match. Briefly, the models of supervision I use are Interpersonal Process Recall and the Developmental/Discrimination Model. Motivational Interviewing, Spirituality, and Diversity/Equity/Inclusion inform all levels of my work.

Rates for supervision are: \$150/hr (with a potential discount for former students with solid clinical standing).