

BIO

Dhanya Rico, M.Ed.Ed.S. offers counseling services to adult individuals and couples, focusing on awakening wholeness and transformational healing. Dhanya is a graduate of the University of Florida, receiving her Master's degree in Counseling and Counselor Education, and her Specialist's degree in Marriage and Family Therapy. She is also a Yoga Alliance registered yoga teacher through The Bhakti Center NYC.

Dhanya has extensive clinical experience specializing in trauma-informed care, stress and anxiety management, perinatal and postpartum mental health, grief, and relationship issues. Dhanya offers a supportive therapeutic environment in which the client is a collaborator and co-creator of effective, positive change.

Dhanya's therapeutic approach includes evidenced-based practices such as CBT-mindfulness, practical communication and self-reflection skills, as well as mind-body connection and somatic therapeutic techniques. Her work also includes She facilitates a holistic view of wellness that seeks to deepen understanding and connection to yourself, your relationships and your purpose in life.

Additionally, Dhanya is the founder of Creative and Spiritual Wellness™, specializing in retreats, workshops and one-on-one consultations wherein clients can use therapeutic tools and creative self-expression to gain insight and facilitate growth in all areas of their lives.

SERVICES

Whether you are experiencing a specific difficulty or would simply like a supportive environment in which to gain further insight into your self-development, our counseling services are available to help you create effective, positive change.

Dhanya Rico, M.Ed./Ed.S. has extensive clinical experience specializing in trauma-informed care, stress and anxiety management, perinatal and postpartum mental health, grief, and relationship issues. Her therapeutic approach includes evidenced-based practices such as CBT-mindfulness, practical communication and self-reflection skills, as well as mind-body connection and somatic therapeutic techniques.

Individual and couples counseling sessions are available for adults seeking transformational healing and growth.

Additionally, Dhanya offers Creative and Spiritual Wellness™, specializing in retreats, workshops and one-on-one consultations wherein clients can use therapeutic tools and creative self-expression to gain insight and facilitate growth in all areas of their lives.

