



### OUR VISION

Everyone will have the tools to heal from trauma, loss, and feeling “stuck” in life, and *no one will ever suffer alone.*

### OUR MISSION

We are heart-centered therapists who serve as stewards of healing as we gently journey with people on the pathway to wholeness and relationship fulfillment; *one broken heart at a time.*

### OUR VALUES

#### CHOOSE LOVE

We believe that love is demonstrated through compassion, kindness, respect, trust, patience, safety, and non-judgment. *Above all else, love others.*

#### NURTURE GROWTH

We believe that we are all on the healing journey. Growth is made possible when we see the value of investing in ourselves. *Growth is necessary for healing.*

#### SERVE HUMBLY

We believe in Servant Leadership. We are here to support each other with humility, grace, openness, and curiosity while being generous with our assumptions of one another. *Always consider the fullness of others.*

#### GIVE GENEROUSLY

We believe in giving freely from our hearts and affording others the opportunity to access services that have the potential to transform one's life. *Give back with grace and gratitude.*

## INSPIRE BELONGING

We believe that trauma and loss are universally shared human experiences that connect every single one of us. This connection makes us stronger when we come together. *We don't heal in isolation; we heal in relationship.*

## HONOR WHOLENESS

We believe that trauma impacts one's emotional, psychological, physical, social, and spiritual well-being and the healing journey must acknowledge and address these connections. *Heal the heart; heal the whole human.*

## OUR WHY

In 2018, Emily Runyan, LMFT (founder of TN Mental Wellness) experienced a relationship tragedy so painful that it wracked her to her core. Her sense of self, confidence and trust, were upended in the aftermath of the trauma. Trauma-informed therapy was foundational to her in her healing journey. While already a therapist, the healing journey Emily walked through gave her first-hand experience of what it takes to heal a grieving heart: Caring human connection, self-compassion, and evidence-based trauma therapy. As a result, Emily experienced “post traumatic growth” - feeling more enlivened, more at peace, and more connected to others than she had ever been before. That is the gift of trauma healing - a transformation so powerful that you reclaim your Wholeness.

Our WHY is that we don't want anyone to suffer alone. We want everyone to experience Post Traumatic Growth, healed hearts, connected relationships, and solid self-confidence! It is our gift to provide to our clients trauma-informed care to help them experience healing, relationship strengthening, life-giving transformation.

*We are Stewards of Connection:*

*Connecting people back to their Wholeness; Connecting people with each other*

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