

A Customized Wellness Approach

Carisa's extensive background in holistic psychotherapy and Ayurveda supports each woman bringing her own goals and spirituality to create a customized wellness approach.

Ayurvedic Consultation

Ayurveda (translated from Sanskrit as "knowledge of life") is an ancient system used to understand the healthy functioning of human beings. It places the mind-body relationship at the highest level and acknowledges that human beings are interconnected with the natural world. Ayurveda recognizes and celebrates our differences and therefore offers a personalized approach to health.

An Ayurvedic consultation assesses diet, sleep, digestion, elimination, pulses and lifestyle patterns to recognize and understand imbalances. Root causes of health challenges and how to naturally restore balance to physiology are addressed and corrected. Internal awareness increases as we make choices that support imbalance corrections and improved functioning. Ayurveda teaches that healing comes from within when we are in tune with ourselves and nature. Some imbalances are easily shifted, while others take longer to restore. Ayurveda provides an active, gentle approach by incorporating time-tested principles and practices into a regular routine for benefits that last a lifetime!

An initial consultation includes an assessment of imbalances and constitution, an Ayurvedic health interview and a holistic wellness plan as well as applicable handouts for recipes, guidelines and example lifestyle practices.

Follow-up appointments are recommended every 2-4 weeks until balance is restored and then seasonally. Although many symptoms improve quite rapidly, others take longer, depending on the length of time the imbalances have existed and one's willingness to embrace the recommendations.

Our Philosophy of WomanCare

WomanSafeHealth is a safe, respectful and compassionate practice in which each client defines and obtains Empowering WomanCare and Gynecology health services.

Payment Policy

WomanSafeHealth is a fee-for-service medical practice. Payment in full is due at the time of service. We welcome clients without and with insurance. A coded receipt is provided at the time of the visit that can be submitted by the client to her insurance company for possible reimbursement.



top: Elise, Marnie, Heather, Eiril, Claire, Leah, Kristin
bottom: Carisa, Elizabeth, Emma

Additional WomanCare Services

Empowering WomanCare & Gynecology

Elizabeth Shadigian, MD

Integrative Psychiatry

Marnie Burkman, MD

Therapeutic Massage

Eiril Andes, CMT, APP (Polarity Therapy too)

Emma Greene, CMT, Elise Aikman, LMT

Acupuncture & Oriental Medicine

Kristin Whitfield, LAc, Dipl OM, MAOM

Woman Advocacy

The Whole WomanSafeHealth Team

Holistic Psychotherapy

Holistic Psychotherapy offers a pathway to healing, integration, stress management and personal growth using an approach that addresses the physical, mental, emotional and spiritual person as a whole. Many of us move through our days overwhelmed and/or stressed to the degree that our basic functioning is negatively affected or even impaired. We may feel "stuck" in a personal or professional relationship or with a recurring problem and are in need of a neutral support system to help make sense of these challenges. Carisa utilizes cognitive behavioral, sensorimotor, psychodynamic, and non-traditional methods such as mindfulness, meditation, art/drama-therapy and more, to provide support, meet goals and improve relationships with ourselves and others.

Regardless of what your "diagnosis" may have been before seeing Carisa, she will assist you in looking into root causes including trauma, sleep, food, childhood patterns, substance abuse, gender, identity, discrimination and sexuality issues.

Carisa Wilder, LMSW, RAP

Carisa Wilder is a psychotherapist and Ayurvedic Practitioner who earned her Master's Degree in Clinical Social Work from San Francisco State University. She is bilingual in Spanish and English, licensed in the state of Michigan and has extensive training in Child Welfare/Trauma and therapeutic social work. Carisa completed a clinical internship with an emphasis on Cognitive Behavioral Therapy and is certified in Mindfulness-Based Eating Awareness Training. She is an Ayurvedic Practitioner through New World Ayurveda and is registered with the National Ayurvedic Medical Association. Carisa combines her years of experience and education to provide holistic care which honors the mind-body connection and empowers girls and women to achieve emotional, physical and spiritual wellness in their lives.



We welcome women, girls, trans and gender nonconforming people of every age and ability, size, shape, color, sexuality and identity, from all social, spiritual and cultural backgrounds.

We provide a safe, family-friendly environment in which you can seek, explore, define and receive Empowering WomanCare and Gynecology health services.

WomanCare meets physical and psychological health needs through conventional and alternative approaches, and encourages and promotes self-care.

We welcome those who feel unwelcome in other medical settings and those who have experienced physical and/or sexual violence or disrespect.

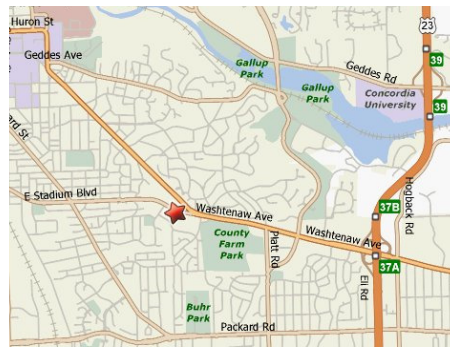
We provide a secure, private, barrier-free, fragrance-free, environmentally friendly office including cotton linens, bamboo cabinets and floors, and low VOC paints.

Please Contact Us

We are pleased to speak with you about the services we offer, our prices and payment policy, our philosophy of WomanCare, and to schedule an appointment.



2340 East Stadium Blvd, Suite 8
Ann Arbor, MI 48104
Tel 734-477-5100
Fax 734-477-5111
info@womansafehealth.com
www.womansafehealth.com



AATA Bus Route 4 or 14 ~ free parking



Holistic Psychotherapy Ayurvedic Consultation



Carisa Wilder, LMSW, RAP

Our Guiding Principles

- | welcome you
- | listen to you
- | believe you
- | protect your privacy
- | am accountable to you
- | respect "no"