

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.

Additional WomanCare Services

Empowering WomanCare & Gynecology

Elizabeth Shadigian, MD

Adult Integrative Psychiatry

Marnie Burkman, MD

Massage Therapy

Elise Aikman, LMT

Acupuncture & Oriental Medicine

Kristin Whitfield, LAc, Dipl OM, MAOM

Woman Advocacy

The Whole WomanSafeHealth Team



Payment Policy

WomanSafeHealth is a fee-for-service medical practice. You are responsible for paying in full at the time of service. We welcome clients without and with insurance. We will provide you a receipt at the time of your visit that you can submit to an insurance company for possible reimbursement.

Andrea Hill, LLMSW

Andrea is a holistic psychotherapist and wellness coach serving individuals, couples, families and groups. She received her Master's in social work from the University of Michigan and a Bachelor's in sports medicine/exercise science from Eastern Michigan University. Andrea enjoys helping people regain happier and more fulfilling relationships with themselves and their loved ones. Trauma integration, self-compassion, and creative empowerment are at the heart of her work. She is a long-time contributor to women's wellness retreats for breast cancer survivors and has worked as a clinical massage therapist with acute and chronic pain. Her psychotherapy focus includes family impact of addiction, substance abuse, trauma, chronic illness, anxiety, depression, life transitions, identity, grief, loss and parenting. Her wellness coaching empowers clients to improve self-care and life-balance.

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. Andrea utilizes motivational interviewing, cognitive behavioral therapy, EMDR, breathwork and mindfulness to provide support, meet goals and improve relationships with ourselves and others.

Wellness Coaching

Wellness coaching offers a model of life-balance and strengths-based reflection in order for you to discover and articulate your own personal wellness values and specific, measurable goals. Once these are defined, you can decide how much phone, email or in-person support you would like to help you follow through.

Therapeutic Breathwork

Andrea has received advanced training in Therapeutic Breathwork, a form of breathing meditation. This can be used to support body awareness, relaxation/stress reduction, trauma integration, creativity and spiritual insight.

SUNDAY GROUPS

Give and receive support, make connections and learn from multiple perspectives.

Trauma Recovery Support

An uplifting, facilitated support group for women, gender nonconforming and trans people currently working on issues related to trauma. Each of the 8 sessions explores a different topic.

Wholehearted Breath

A 4-session trauma-informed, breathing meditation and self-care class for relaxation, emotional integration and personal insight.

For information and registration go to
www.womansafehealth.com
or call 734-477-5100.



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.

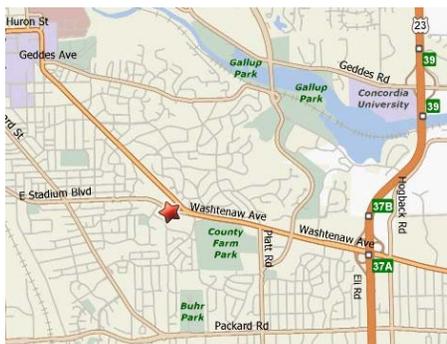
We provide a secure, private, barrier-free, fragrance-free, environmentally friendly office including cotton linens, bamboo cabinets and floors, and low VOC paints.

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.



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Fax 734-477-5111
info@womansafehealth.com
www.womansafehealth.com



AATA Bus Route 4 or 14 ~ free parking



Holistic Psychotherapy Wellness Coaching



Andrea Hill, LLM, MSW

Our Guiding Principles

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