



Be a light unto yourself and others



Hannah-Leigh Bull
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Individual, Couple, Family, and Child Counseling

Specific Life Concerns I Can Help Address

- Family dynamic and relationships with self and others
- Attachment styles and abandonment
- Parental teaching of social-emotional skills in their families
- Anxiety, depression, sleep, and focus issues
- Codependency and learning to love oneself and others in balance
- Bullying, harassment, and the abuse of power in families, religious institutions, schools, and work
- Traumatic experiences and the resolution of traumatic energy
- Development of whole lives, integrating the physical, emotional, spiritual, and social

Ages and Clientele

- Children, Teens, Adults, and Elders wanting to improve their relationships with selves and others.
- Survivors of abuse, trauma, and suicides of loved ones.
- Survivors of intimidation or destructive narcissism in families, schools, workplace, and religious and spiritual institutions.
- Survivors of violent crimes.
- Survivors needing support navigating justice systems.
- People addressing addictive and compulsive behaviors and codependency.
- People experiencing anxiety and depression based on ecological and environmental crisis or family and life circumstances.
- Patients facing serious medical illness and resulting stressors.
- Children of addicted and codependent homes.
- People interested in nutrition to build well-being and clear anxiety, depression, insomnia, and other afflictions.

Fees: The self-pay rate is \$125 per 50-minute session, and \$145 per the longer session sometimes required to support couples work and EMDR processing.

Insurance is accepted for a number of managed care organizations in NM.

Delivery of Care: In NM, through telehealth. In CA, both telehealth and in-person (in the vicinity of Fort Bragg on the Mendocino Coast) and are available.

My Approach to Therapy

My collaborative approach respects that you are the authority in your life and the one who knows yourself best; I am the fellow traveler and mentor as you seek to integrate your holistic well-being on many levels, including physical, mental, emotional, spiritual, social, and ethical. Often couples and families seek to integrate each person's well-being into a cohesiveness that brings contentment to the partners and family members. We work together so that family members experience contentment and release from tension, whether living together, or choosing an alternate logistic.

We have a precious gift in the physical body. The collaboration of the three brains strengthens over time. The heart, gut, and head form a soulful triumvirate that help us make empowering choices for our lives if we learn to listen to their messages. Much of my therapeutic work is body oriented, improving listening and communication in the executive team within us, which also translates into effective ways to develop our relationships in the outside world. We use cognitive-emotional processing and mindfulness experiences to this end, with attention to areas of nourishment in nutrition, self-love and friendship, and an understanding and actualization of life purpose.



In this pivotal moment on the planet, besides establishing kind and compassionate relationships with all life, we expand self-exploration to include an awareness of the bigger picture and the reality that we are one part of an interactive, interconnected larger whole.

Evidence-based therapeutic modalities I use include the Eye Movement Desensitization Reprocessing and Cognitive Processing Therapy for the resolution of post-traumatic stress, grief, anxiety and depression; basic non-violent communication skills training for improving understanding and intimacy; body-oriented psychotherapy; and child leadership and assertiveness counseling.

Professional History

Hannah-Leigh Bull started as a Yoga teacher, running an ashram before turning to premedical and language studies. She worked as a translator in the U.S. and Europe and later as a graduate instructor and advisor, and writer and project manager in business. In the 1980s and 1990s, she focused more of her attention on the healing arts, earth and human regeneration, and diversity in human, plant, and animal communities. In 2000, she established Llama Deara Ranch, a 4-acre ranchito, which until 2020 brought large groups of children, families, and individuals together to be with and learn from the llamas and enjoy other educational and therapeutic experiences in nature on the Rio Chama in New Mexico. In 2021, she relocated to California.

She is a Licensed Marriage and Family Therapist (LMFT) in both California and New Mexico, a Licensed K-12 School Counselor in New Mexico, and a Certified Massage Practitioner in California. Since leaving New Mexico, she maintains her association with Synergy Family Practice and Holistic Health Center in the village of El Rito, NM. She also practices in-person and telehealth counseling in Fort Bragg, California, where she lives.

Other experiences resulted in advanced degrees in Intercultural Communication, Translation, and Counseling Psychology, research in interspecies communication, and long-term community living. She has lived and traveled extensively abroad, which has contributed to her commitment to the promotion of cultural traditions in harmony with the universal values of respect for all creatures and the dignity of all life.



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