

Healing Speak Counseling Offers Specialized Support for Helpers Facing Holiday Season Mental Health Challenges

West Palm Beach practice emphasizes trauma-informed care for empaths, caregivers, and helping professionals experiencing seasonal stress

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EINPresswire.com/ -- As the holiday season approaches, [Healing Speak Counseling](#), founded by John Boswell, LCSW, reminds Florida residents that it's okay to not feel okay during what many consider "the most wonderful time of the year." The specialized trauma counseling practice emphasizes its comprehensive mental health services for empaths, caregivers, and helping professionals who often struggle silently during the holidays while caring for others.



Families can create joyful holiday memories by focusing on authentic connection and shared experiences rather than perfection, according to Healing Speak Counseling experts.

Founded in 2018, Healing Speak Counseling serves a unique population in West Palm Beach and throughout Florida: the helpers who themselves need help. The practice specializes in treating nurses, physicians, therapists, counselors, teachers, and other caregiving professionals who experience complex trauma, narcissistic abuse, Personality Disorders, and Dissociative Disorders that can intensify during the holiday season.

"The holidays can be particularly challenging for empaths and caregivers," explains John Boswell, founder and clinical director of Healing Speak Counseling. "These individuals spend so much energy supporting others that they often neglect their own mental health needs. When you add family dynamics, financial pressures, and the expectation to feel joyful, it creates a perfect storm of [anxiety](#) and emotional exhaustion."

The Hidden Toll of Holiday Stress

While holiday advertisements showcase perfect families and joyful gatherings, the reality for many Florida residents is quite different. The holiday season can trigger or exacerbate anxiety, [depression](#), PTSD symptoms, and relationship conflicts. For survivors of narcissistic abuse or those with Personality Disorders, family gatherings can become sources of significant distress rather than comfort.

Research indicates that holiday stress affects helping professionals at disproportionate rates. Nurses, teachers, and therapists often experience compassion fatigue that intensifies during this time of year, when demands on their time and emotional resources increase both professionally and personally.

Healing Speak Counseling addresses these challenges through evidence-based techniques

including EMDR (Eye Movement Desensitization and Reprocessing), Brainspotting, Dialectical Behavior Therapy (DBT), and Trauma-Focused Cognitive Behavioral Therapy. Unlike traditional talk therapy that may not reach the root causes of trauma, these specialized approaches create lasting neurological change.

"We help those who don't think they can be helped," Boswell emphasizes. "Many of our clients have tried traditional therapy without success. They need specialists who understand complex trauma and can provide efficient, solution-focused treatment."

If we can help, we jump into treatment and get results quickly. If we can't help, we honestly refer you to someone who can. The holidays are stressful enough without adding unnecessary therapy."

*John Boswell, MSW, LCSW-QS,
CCTP-II, CDBT, C-PD*



Comprehensive Holiday Mental Health Support

Healing Speak Counseling offers telehealth services throughout Florida, making specialized trauma care accessible from anywhere in the state. The practice accepts over 10 major insurance networks including Aetna, Blue Cross/Blue Shield, Cigna, Florida Blue, and UnitedHealthcare, removing financial barriers to quality mental health care.

Services available during the holiday season include individual therapy for adults and adolescents, couples counseling for relationships strained by holiday stress, and specialized treatment for conditions including anxiety disorders, depression, PTSD, Dissociative Disorders, and substance use disorders.

The practice maintains weekend and evening hours Monday through Saturday, 10:00 AM to 7:00 PM, recognizing that helping professionals often cannot take time off during traditional business hours.

Breaking the Silence Around Holiday Mental Health

"Everyone is good at heart and deserves peace," states Boswell. "The holidays shouldn't be about pretending everything is perfect. They should be about authentic connection and taking care of your mental health. If you're struggling, that's a sign of strength, not weakness. It means you're human."

For Florida residents experiencing holiday-related anxiety, depression, relationship conflicts, or trauma symptoms, Healing Speak Counseling emphasizes that specialized help is available. The practice serves individuals throughout Florida who value evidence-based approaches grounded in science.

The clinical team is certified in treating trauma (CCTP-II), Personality Disorders, and DBT, bringing 11 years of specialized experience to the West Palm Beach community. As a Black male provider, founder John Boswell also brings unique cultural perspective and sensitivity to treatment, offering culturally competent care for diverse populations including LGBTQIA+ clients.

Practical Steps for Holiday Mental Health

Healing Speak Counseling encourages Florida residents to prioritize mental health this holiday season by setting boundaries, recognizing their limits, seeking professional support when needed, and remembering that it's okay to say no to activities or gatherings that compromise wellbeing.

"We refuse to 'milk' clients," John Boswell, the founder and clinical director notes. "If we can help, we jump into treatment and get results quickly. If we can't help, we honestly refer you to



Healing Speak Counseling encourages families to embrace authenticity during holiday celebrations: "The most memorable holidays are the real ones. Focus on genuine connection over perfection.

someone who can. The holidays are stressful enough without adding unnecessarily drawn-out therapy."

For those in crisis, the practice offers consultations to determine the best course of treatment. Services are delivered through secure, HIPAA-compliant telehealth platforms, providing convenient access to specialized care from the comfort of home.

About Healing Speak Counseling

Founded in 2018, Healing Speak Counseling is a comprehensive behavioral health practice serving empaths, caregivers, and helping professionals throughout Florida. The practice provides individual therapy, couples counseling, and adolescent mental health services, all delivered through a trauma-informed, evidence-based approach. Healing Speak Counseling specializes in treating complex cases including trauma and PTSD, Personality Disorders, narcissistic abuse, Dissociative Disorders, and substance use disorders. The practice is dedicated to helping those who don't think they can be helped.

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