



Weeping Pines Integrated Wellness

Online Counseling
Amarillo, TX
WeepingPines.com
+1 806.718.8788

Welcome to Weeping Pines: What to Expect in Therapy

Our Approach

Life's demands can be exhausting, and reaching out for support is often the hardest step. At Weeping Pines, you won't find clinical fluff or endless cycles of just "venting." We provide a straightforward, collaborative environment designed to give you practical tools to process chronic stress, overcome burnout, and remain fully present in your daily life and relationships.

The Logistics: Therapy on Your Terms

- **100% Online:** Sessions are 50-60 minutes and held via a secure, HIPAA-compliant video link. Whether you are on your lunch break, in your home office, or relaxing on your couch, we meet you where you are.
- **At Your Pace:** You are the expert on your own life. We don't force you to reopen old wounds before you are ready. The goal is to build your resilience, not overwhelm your system.

Our Methodology: The "Bottom-Up" Approach

Traditional "talk therapy" alone doesn't always work for deep-rooted stress. That is why we focus on "bottom-up" biological regulation. What does that mean for you?

The Nervous System First: Before we dive into the narrative of what happened, we address how your body and nervous system are physically reacting to stress.

- **Polyvagal Theory/Therapy:** like implementing vagal maneuvers with patients, this approach focuses on regulating the autonomic nervous system to shift from "fight-or-flight" to a state of safety and social connection - The "ventral vagal state".
- **Listening to Your Body:** Before we dive into the narrative of what is causing your stress, we address how your body and nervous system are physically reacting to it.
- **Practical Grounding:** We equip you with immediate, biological tools to lower your anxiety, manage a "short fuse," and ground yourself in the present moment.
- **Processing the Load:** Once your foundation is secure, we work together to process the cumulative stress and past trauma so it stops running in the background of your life.



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The Serotiny Program

Sliding Scale & Community Support

At Weeping Pines, we believe high-quality, specialized mental health care should be accessible to everyone, especially the frontline workers who keep our communities safe.

While we are actively in the process of establishing in-network partnerships with major insurance providers, we refuse to let administrative timelines delay your care. To bridge this gap—and to offer a flexible option for those who prefer to keep their therapy completely private and separate from insurance—we have created the Serotiny Program.

A Model of Communal Support

At Weeping Pines, we are a mission-first practice; 50% of our annual profits are directly donated to First Responder support systems and mental health programs across the state and nation. By participating in the Serotiny Program, you are directly contributing to the resilience and betterment of first responders on a much broader scale. When you invest in your own mental wellbeing, you are doing more than just funding your own healing, you are actively supporting lower-income individuals and early-career first responders to better themselves towards being able to do the same for others one day. Thus building a better, and stronger community at large.

The Serotiny Program is a tiered, sliding-scale model built on the idea of mutual community care. By capping the number of available slots in our highest-discount tiers, we ensure our practice remains sustainable while never turning away those in the heat of a crisis.

Please review the tiers below prior to your consultation or intake session & let us know if you have any questions. We'd be happy to clarify.

Program Tier	Household Income	Standard Rate	First Responder Rate
Tier 1: Crisis / Student (10%)	\$0 - \$35,000	\$30	\$30
Tier 2: Support (15%)	\$35,001 - \$55,000	\$45	\$30 (Tier Drop)
Tier 3: Median (25%)	\$55,001 - \$85,000	\$75	\$45 (Tier Drop)
Tier 4: Professional (25%)	\$85,001 - \$115,000	\$110	\$65 (Hard Cap)
Tier 5: Legacy (25%)	\$115,000 - Above	\$150	\$65 (Hard Cap)