



# Beach Counseling & Wellness Group

— *Where Hope Begins* —

*A Gentle Introduction to Therapy*

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## Welcome

Thank you for choosing Beach Counseling & Wellness Group of SC.

Starting therapy can feel like a big step. Maybe even overwhelming.

For many, it comes after a long time of holding things together, pushing through, or trying to figure things out on your own.

This space is designed to be different.

It is a place to slow down.

To be known.

And to not have to carry everything alone.

My work is thoughtful, relational, and depth-oriented.

We will take our time—allowing space for both understanding and meaningful change to unfold.

You don't have to have it all figured out to begin.

## How I Work

When I sit with clients, I'm listening closely.

I'm listening for patterns—  
the ones that show up across relationships, decisions, reactions, and  
ways of coping.

Over time, we begin to trace those patterns back. Looking for the  
roots.

Where did this begin?  
What shaped this way of responding?  
What has been carried for a long time?

Many of my clients are highly insightful.

They begin to see themselves differently.  
They understand their story in a new way.

And that matters.

But often, a question follows: Now what?

Because even when a pattern is understood...  
it doesn't automatically stop.

You may see it clearly—  
sometimes in real time—

and still feel caught in it.

This is where our work begins to go deeper.

— *Where Hope Begins* —

# The Grasoma Method™

In my work, I use what I call *The Grasoma Method™*.

This means we don't stay only in the mind.

We do explore thoughts, beliefs, and patterns—  
because understanding matters.

But we also begin to pay attention to what is happening in the body.

Not to stay only in the mind—analyzing thoughts, beliefs, and  
patterns.

And not to rush to fix what's being felt.

But to gently begin **listening**...

**processing** more fully...

and, in time, **releasing** what's being carried—  
allowing space for a deeper kind of peace.

At times, this may also include integrating your faith  
in a way that feels natural and meaningful to you.

## What You May Notice

As we begin this work, you may notice:

- You may understand things before you feel them shift.
- You may become more aware of patterns before they change.
- You may feel things more deeply at times.
- You may notice yourself slowing down instead of pushing through.

## Between Sessions

You don't need to "do therapy perfectly" between sessions.

Instead, you might simply begin to notice:

- Notice patterns as they arise.
- Pay attention to what you feel in your body.
- Practice curiosity instead of self-criticism.
- Allow yourself moments of pause.

This work is not about forcing change.

It is about learning to relate to yourself differently.

## Closing

This work is not about quick fixes.

It is about creating space for meaningful, lasting change—  
at a pace that respects both your mind and your body.

If you've spent a long time being the strong one,  
this may be one of the first places you don't have to.

Warmly,

*Michelle*