

Therapeutic Coaching with Imani Shanklin Roberts



My therapeutic coaching practice weaves together my background in art therapy, psychotherapy, and liberatory healing practices to support individuals navigating life's complexities. I work with clients experiencing anxiety, depression, stress, relationship challenges, transitions, and questions of identity and meaning.

This coaching practice is an integrative and collaborative process focused on growth, clarity, and resilience. I use creative practices, reflective dialogue, and holistic strategies to help clients deepen their self-awareness, expand their coping tools, and live with greater alignment.

Approach

- **Art & Creative Expression** : Inviting visual art, writing, or embodied practices as tools for self-discovery and healing.
- **Liberatory Practices:** Centering wholeness, freedom, and authenticity by unlearning limiting narratives and reconnecting with inner wisdom.
- **Relational Depth:** Exploring patterns in relationships, attachment styles, boundaries, and self-trust to foster healthier connections.
- **Practical Tools:** Stress regulation, mindfulness, and goal-setting strategies for everyday life.

Fee Structure

I believe that healing should be both sustainable for practitioners and accessible for clients. To honor this, I offer a responsive financial scale based on your current financial circumstances.

- **\$120 per session: Standard Rate (Redistribution)**
For clients with stable income who are able to invest in ongoing support. This rate sustains the practice and makes sliding-scale options possible. This tier is for clients with more financial flexibility. By choosing this rate, you are actively redistributing resources to help cover the liberation tier for others.
- **\$80 per session: Mid-Scale Rate (Justice)**
For clients managing financial responsibilities or limited disposable income. This tier represents a balanced rate. It supports both your access to care and the sustainability of the practice. Clients choosing this tier typically have stable income and can meet their basic needs without major difficulty.
- **\$50 per session: Supported Rate (Liberation)**
For clients with significant financial need. This tier is for clients who would not be able to participate without a reduced rate. It exists to remove financial barriers so that care is not relegated to those who have more financial privilege and flexibility.

Clients are invited to self-select the tier that best reflects their current situation. No documentation is required — I trust each person to choose what feels most honest and sustainable.

Sessions are 50 minutes and will be held virtually

It will be an honor to walk with you through life's complexities, holding space for your growth, reflection, and healing.