



# Esin Pinarli, LCSW

## Holistic Psychotherapist, Wellness Coach & Speaker

Tap into your own reservoir of healing wisdom.

Esin Pinarli, a holistic psychotherapist who specializes in attachment, codependency, and addiction, helps people become fully alive and whole.

Esin Pinarli is a psychotherapist, licensed clinical social worker (LCSW) and a Masters Certified Addiction Professional (MCAP), specializing in IMAGO, brainspotting, internal family systems, and psychodrama. Through an integrative psychotherapeutic approach, she helps individuals, couples, and families suffering from anxiety, depression, addiction, codependency, trauma, dysfunctional family system dynamics and attachment issues to navigate life's challenges, so they can become fully alive, supported, and whole.



## ABOUT ESIN PINARLI

Holistic Psychotherapist, Speaker,  
and Relationship & Wellness Coach

# SUGGESTED TOPICS

## **Healing Through Creative Expression: The Power of Psychodrama**

Explore the therapeutic benefits of psychodrama and how Esin Pinarli incorporates this innovative approach to help clients address and overcome emotional issues.

## **Addiction Recovery: A Comprehensive Approach to Sobriety**

Delve into Esin's work as a Masters Certified Addiction Professional (MCAP) and her strategies for supporting individuals in their journey to recovery from addiction.

## **Attachment Issues and Their Impact on Mental Health**

Investigate the role of attachment issues in mental health challenges and how Esin Pinarli employs her expertise to help clients build healthier and more secure attachments using the IMAGO method.

## **The Intersection of Holistic Wellness and Clinical Psychotherapy**

Explore the integration of holistic wellness practices into clinical treatment plans and how Esin Pinarli advocates for a comprehensive approach to mental health and well-being.

## **Thriving Through Life Transitions: A Guide to Managing Change**

Explore how Esin Pinarli helps individuals, couples, and families navigate major life transitions and significant changes. Discuss her expert insights on dealing with career shifts, relationship changes, or other life-altering events. Esin can provide guidance on maintaining mental health and stability during these transitions, emphasizing the importance of resilience and adaptability.

# SUGGESTED QUESTIONS

- What are some less obvious signs or manifestations of embedded trauma that individuals might overlook in their everyday lives? Could you share examples of how these hidden traumas can quietly influence our behavior and decision-making?
- What are explicit and implicit memories and how do they shape the way we perceive and interact with others in adulthood? Are there specific techniques or strategies you use to help clients uncover and reframe these early memories for healthier relationships?
- Why is it important to address underlying emotional issues and challenges rather than relying solely on practices of spiritual bypassing to seek personal growth and transformation? How can a holistic therapeutic approach foster lasting change and promote neuroplasticity in a way that bypassing cannot?
- What is a practical roadmap of self-care that ultimately leads to self-love? Can you explain?
- What are the potential consequences of prolonged sympathetic arousal on one's physical and mental well-being, and how does a healthy brain naturally oscillate between sympathetic and parasympathetic states to maintain equilibrium? Can you share insights into practices or strategies for individuals to restore this balance in their lives?
- Codependency is such a broad concept with many negative connotations to it, but it's actually proven to reveal so much more about our subconscious behaviors that shape our lives. Can you elaborate on the informative nature of codependent traits or habits for personal growth and inner awareness?
- What innovative techniques or approaches have you found most effective in harnessing neuroplasticity to alleviate mental anguish and transform undesirable emotions or behaviors in your clients? Could you share a specific case study or success story that illustrates the power of these methods?

# STORY IDEAS

**From Darkness to Light: Esin Pinarli's Personal Journey.** In this feature, delve into Esin Pinarli's own life story and the experiences that led her to become a licensed clinical social worker and psychotherapist. Highlight her personal struggles and triumphs, illustrating how they have shaped her approach to helping others on their healing journeys.

**Holistic Healing: A Deeper Look into Esin Pinarli's Integrative Approach.** Explore Esin's unique and holistic therapeutic approach, emphasizing her mastery of various therapeutic modalities such as IMAGO, brainspotting, internal family systems, and psychodrama. Share real client success stories that showcase the effectiveness of her integrative methods.

**Empowering Lives: Esin Pinarli's Work with Addiction and Recovery.** Focus on Esin's specialization as a Masters Certified Addiction Professional (MCAP). Highlight her contributions to addiction recovery and her efforts to break the cycle of addiction within families. Share stories of clients who have overcome addiction under her guidance.

**Transforming Relationships: Esin Pinarli's Impact on Couples and Families.** Highlight Esin's work with couples and families dealing with issues like codependency, dysfunctional family dynamics, and attachment problems. Share success stories of couples and families who have experienced positive transformations through her guidance.

**The Wellness Advocate: Esin Pinarli's Advocacy for Holistic Health.** Explore Esin's role as a clinical-based Holistic Psychotherapist and Wellness Coach. Discuss her advocacy for incorporating holistic modalities into clinical treatment plans and promoting overall health. Include client testimonials showcasing the benefits of her holistic approach.

*Featuring* Esin as a guest not only broadens your audience's self-awareness but also equips them with the strategies and tools to liberate themselves to embark on a transformative journey toward healing.



## SUGGESTED INTRODUCTION

Joining us today is a remarkable guest who's dedicated her life to guiding individuals, couples, and families toward healing and wholeness. Esin Pinarli, a psychotherapist, licensed clinical social worker, and Masters Certified Addiction Professional, brings a unique blend of therapeutic approaches to address anxiety, depression, addiction, trauma, and attachment issues. As a clinical-based Holistic Psychotherapist and Wellness Coach, she advocates for holistic modalities within her clients' personalized clinical treatment plans, promoting optimal health. With a deep understanding of the human journey, Esin is here to hold space for your inner world, helping you tap into your own reservoir of healing wisdom. Welcome, Esin.



## BOOK ESIN FOR AN INTERVIEW

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