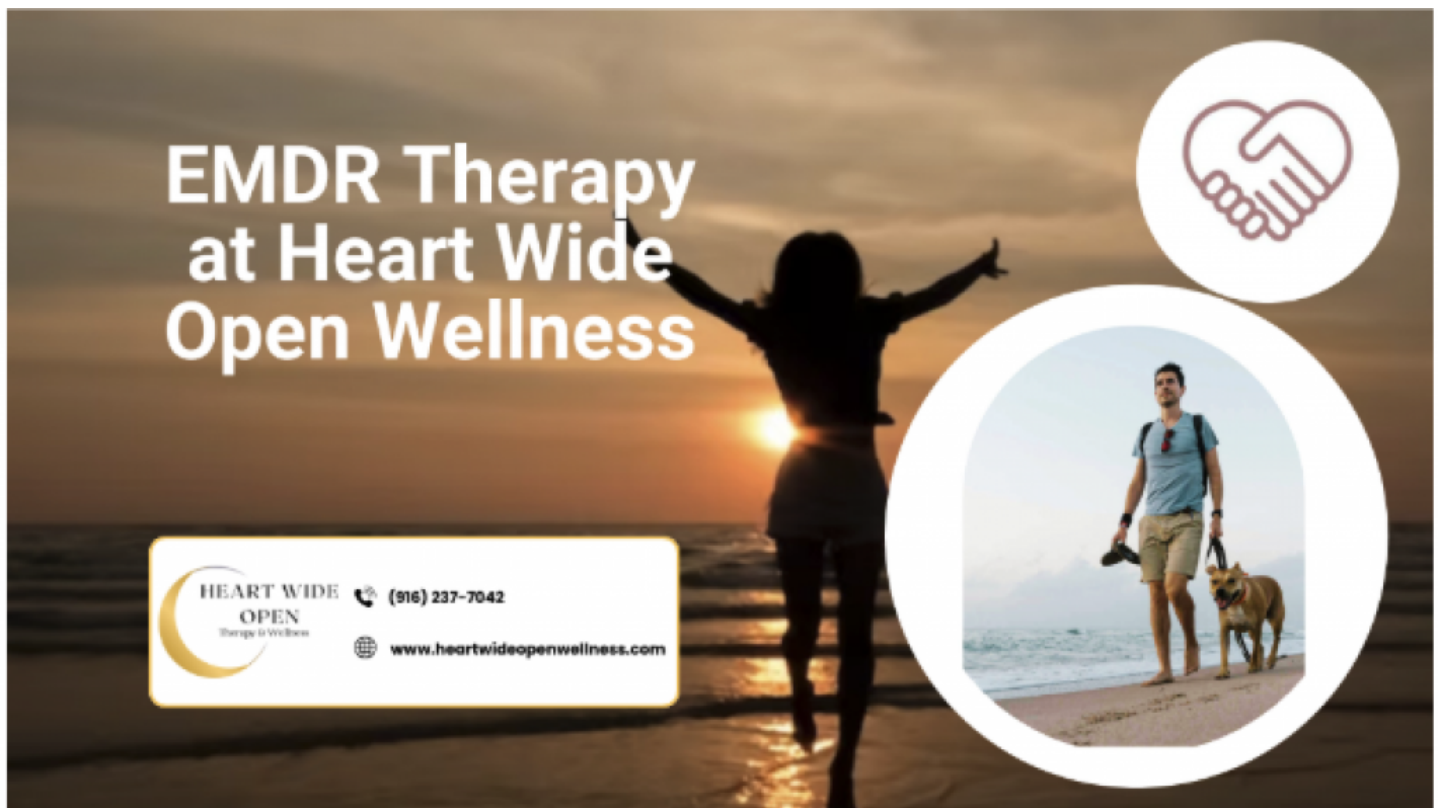


Heart Wide Open Wellness Expands Trauma-Informed Care With EMDR & Brainspotting Therapy in Folsom, California



Folsom, California Feb 11, 2026 ([Issuewire.com](https://www.issuewire.com)) - [Heart Wide Open Wellness](https://www.heartwideopenwellness.com), a holistic mental health and wellness practice located in Folsom, California, continues to expand access to trauma-informed care through [EMDR & Brainspotting Therapy](#). Founded and led by holistic coach and psychotherapist Hannah Zackney, the practice blends evidence-based therapy with mind-body approaches that support lasting emotional healing and personal growth.

Heart Wide Open Wellness operates a private practice in Folsom while also serving nationwide through memberships, group programs, intensives, and international yoga retreats. The practice is known for its integrative approach to mental health, combining clinical therapy models with mindfulness, meditation, and somatic awareness.

EMDR (Eye Movement Desensitization and Reprocessing) Therapy and Brainspotting Therapy are central offerings at Heart Wide Open Wellness. These approaches help clients process trauma, anxiety, grief, and emotionally charged experiences stored within the nervous system. EMDR therapy supports the brain's ability to reprocess distressing memories, while Brainspotting Therapy focuses on accessing deeper emotional material through focused awareness and regulation. Together, EMDR & Brainspotting Therapy provide structured, supportive pathways for healing beyond traditional talk therapy. Heart Wide Open Wellness serves individuals, couples, families, teens, adolescents and minors.

Hannah Zackney brings over 25 years of experience as a yoga teacher and practitioner, weaving mind, body, and spirit connection into every level of care. As a holistic psychotherapist, MFTi supervisor,

teacher, writer, and speaker, she integrates meditation, mindfulness, and intentional self-inquiry into her clinical work. Her background allows Heart Wide Open Wellness to address emotional healing while honoring the body's role in restoring balance and trust.

Through private sessions, classes, group programs, and retreats, Hannah and her team specialize in helping clients reconnect with their bodies in ways that foster openness, self-trust, and joy. In addition to EMDR & Brainspotting Therapy, training includes EFT (Emotion Focused Therapy), DBT (Dialectical Behavioral Therapy), CRM (Comprehensive Resource Modeling), IFS (Internal Family Systems), KAP (Psychedelic Assisted Therapy) therapy, and other integrative modalities that support nervous system regulation and emotional resilience.

Heart Wide Open Wellness currently holds a 5.0-star Google rating and serves individuals and couples seeking relationship counseling, trauma therapy, and holistic mental health support in Folsom and beyond.

Outside of her clinical work, Hannah enjoys travel planning, hiking with friends, and spending time with her Australian shepherd, Ivy. She is married and a devoted mother of three, drawing inspiration from family, personal growth, and a deep belief in miracles, manifestation, and meaningful work.

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Marriage and Relationship Counseling | EMDR & Brainspotting Therapy

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Source : Heart Wide Open Wellness

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