

# Folsom Therapists Report Surge in Demand for Trauma Therapy Following Women's Conference Appearance

## Meet Our Team



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Associate Registered Marriage & Family Therapist



**Hannah Zackney**

Licensed Marriage & Family Therapist, MFTI supervisor



**Lynette Polyansky**

Doctoral student in clinical psychology



**Amanda McBee**

Associate Registered Marriage & Family Therapist



**Hilary Crane**

Associate Professional Clinical Counselor



**Daylin Boyd**

Associate Registered Marriage & Family Therapist + Associate Registered Professional Clinical Counselor

Supervised by Hannah Zackney, MFT 82984

**Folsom, California Mar 28, 2026 ([IssueWire.com](https://www.IssueWire.com))** - As mental health awareness continues to grow, [Folsom-area therapists](#) are experiencing a notable rise in demand for trauma-informed care. At the recent Folsom Women's Conference, hosted by the Folsom Chamber of Commerce, Hannah Zackney, founder of Heart Wide Open Wellness, addressed this growing need, speaking to audiences about trauma therapy and holistic approaches to healing.

Zackney, a holistic psychotherapist, speaker, and wellness advocate, offered perspectives on emotional healing, personal growth, and the lasting impact of unresolved trauma. Her presentation struck a chord with attendees seeking clarity, deeper connection, and sustainable well-being.

### **Rising Demand for Trauma Therapy in Folsom**

Heart Wide Open Wellness has seen a steady increase in individuals seeking support for trauma, anxiety, and emotional health challenges. This shift mirrors a broader national movement toward addressing the root causes of mental health struggles, rather than simply managing symptoms.

The practice provides a range of therapy options designed to meet clients at every stage of their healing journey, including individual psychotherapy, available virtually, in-person, and as walking therapy, as well as group therapy, ketamine-assisted therapy, psychedelic-assisted therapy, and holistic, trauma-informed care. Their team of Associate Registered Family Therapists and Associate Clinical Counselors is dedicated to fostering a safe, supportive environment for meaningful transformation.

### **A Holistic Philosophy for Long-Term Healing**

Heart Wide Open Wellness extends its services beyond traditional therapy, integrating multiple wellness pathways to support whole-person healing and personal development. Current offerings include international wellness retreats, including an upcoming experience in Thailand in Spring 2026, as well as Kundalini Yoga, which incorporates meditation, breathwork, and movement to deepen the healing process.

### **Community Leadership and Continued Impact**

Zackney's participation in the Folsom Women's Conference reflects her broader commitment to community education and empowerment. A highlight from her appearance is available on the Heart Wide Open Wellness Instagram page ([@HeartWideOpenWellness](#)).

The practice has been featured in several publications and platforms, including the Folsom Telegraph, STYLE Magazine, and Psychology Today, and continues to expand its reach through workshops, retreats, and educational programming.

### **About Heart Wide Open Wellness**

Heart Wide Open Wellness is a Folsom-based psychotherapy and wellness practice dedicated to helping individuals live with confidence and purpose. Led by holistic psychotherapist Hannah Zackney, the organization offers therapy, retreats, and holistic wellness experiences designed to promote emotional freedom and lasting personal transformation.

**Media Contact** Heart Wide Open Wellness Website: [www.heartwideopenwellness.com](http://www.heartwideopenwellness.com) Instagram:  
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