



# iwíga | Frequently Asked Questions

## What exactly do you offer?

I offer **well-being and resilience conversations** for adults navigating life transitions, identity shifts, chronic illness, grief, cross-cultural life, and the slow work of becoming who they are.

This is reflective, supportive, non-clinical work rooted in presence, clarity, and honest conversation.

I don't diagnose, treat, or operate as a therapist or spiritual director. Think of it as **guided self-understanding**, done at a human pace.

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## Is this therapy?

No. I'm not a psychotherapist, counselor, or medical provider. I don't diagnose, prescribe, treat mental health conditions, or offer crisis intervention.

If you need mental health care, I'll gently encourage you to work with a licensed professional.

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## Is this religious or spiritual direction?

Not formally. My background includes Old-Catholic and interfaith chaplaincy formation, but I'm not in active ministry and I don't offer sacramental or pastoral services.

If spiritual language, ritual, or blessings support your personal development, we can weave them in. If not, we stay grounded in meaning-making, identity, and human experience. No belief system required. Find more information on the Old-Catholic Church [here](#).

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## Who is this space for?

People who are:

- moving through transitions
- living with chronic illness or disability
- grieving or untangling messy endings
- exploring identity or belonging
- LGBTQ+ and seeking grounded support
- navigating expat or cross-border life
- looking to understand themselves more honestly

If you're carrying something you can't quite name, this space is for you.

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## How do conversations work?

All conversations happen by video. You join from wherever feels right for you, your living room, your car, your favorite chair.

conversations are calm, reflective, and paced by my health. Some days I can show up, some days I can't. I'll always be upfront about my availability.

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## How often do we meet?

It depends on two things:

1. **Your needs**
2. **My health and capacity**

There's no program, no fixed weekly rhythm, and no productivity mindset. We meet when both of us have the bandwidth.

## What if I'm in a crisis?

This is not a crisis service. I can't offer emergency support or rapid response.

If you're in immediate distress, please contact local emergency services or a licensed crisis hotline in your region.

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## What if I don't know how to describe what I'm going through?

You don't need to. Many people come here with a knot they can't quite name. We start where you are and move at whatever pace feels right. You don't have to arrive with language or clarity, that's part of the conversations we have.

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## What does a conversation feel like?

A grounded conversation with someone who listens deeply, asks honest questions, and helps you make sense of what's happening in your life.

No performance.

No fixing.

No rushing.

Just presence and clarity.

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## What if I need to cancel?

Because my availability is shaped by disability, I'm flexible, and I ask for the same in return. If I need to reschedule for health reasons, I'll let you know as soon as I can.

You're free to cancel or reschedule without penalty.

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## How much does conversations cost?

This is a contribution-based offering. Because my work is health-paced and limited, some people choose to contribute, and some don't. There's no required fee, and access isn't dependent on payment.

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## Is everything confidential?

Yes, with the same commonsense limits that apply to most reflective or personal development-style conversations:

- imminent harm
- legal requirements
- your explicit request to share something

Otherwise, what you say stays between us.

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## Why “iwíga”?

It's a Rarámuri word meaning **shared breath** or **the kinship of all living things**. It reflects the way I understand personal development: not as self-improvement, but as remembering who you really are; supporting your well-being and resilience.