



From Disconnection to Genuine Understanding



## **Miranda Stoll**

### **LIMHP, LADC**

I am a Licensed Independent Mental Health Practitioner, Licensed Alcohol and Drug Counselor, and Master Level Reiki Practitioner who brings both heart and humor to the healing process. Raised with Midwestern values and a deep belief in hard work, honesty, and showing up for others, I blend evidence-based therapy with real-life wisdom and a down-to-earth approach.

I specialize in trauma, addiction, and mind-body healing—helping folks reconnect with who they are underneath the survival stories. Whether I am sitting with a justice-involved teen, a first responder, or a fellow caregiver, I create space where people feel safe, heard, and reminded of their strength. My work is rooted in grit, grace, and the knowing that even the toughest storms grow the strongest roots



“When we feel unworthy, we feel disconnected – even when our loved ones are craving connection with us. We feel isolated and alienated, even when we’re surrounded by love and support.”

— Franklin Veaux





# **Outline & Objectives**

**Define disconnection & why it occurs**

**Learn and understand the RICH Life Model.**

**Explore and understand values and how vital their role is in creating connection**

**Examine the role your physiology plays and the importance of the feedback.**

**Offering a future opportunity to assist you by deep diving into mastering ALL these concepts.**

# Why We Disconnect

---

 Emotional triggers & past pain

---

 Trauma (Life Experiences) cause disconnection from the self.

---

 Survival Instincts

---

 Labels & Assumptions

---

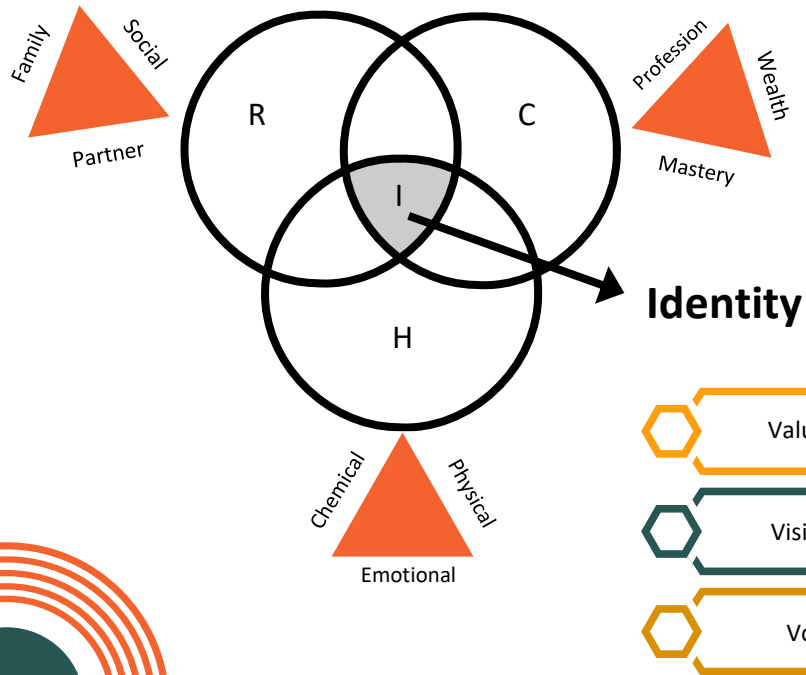
 Breakdown in safety and trust

---

 Living in external expectations and value systems

---

# R.I.C.H. MODEL



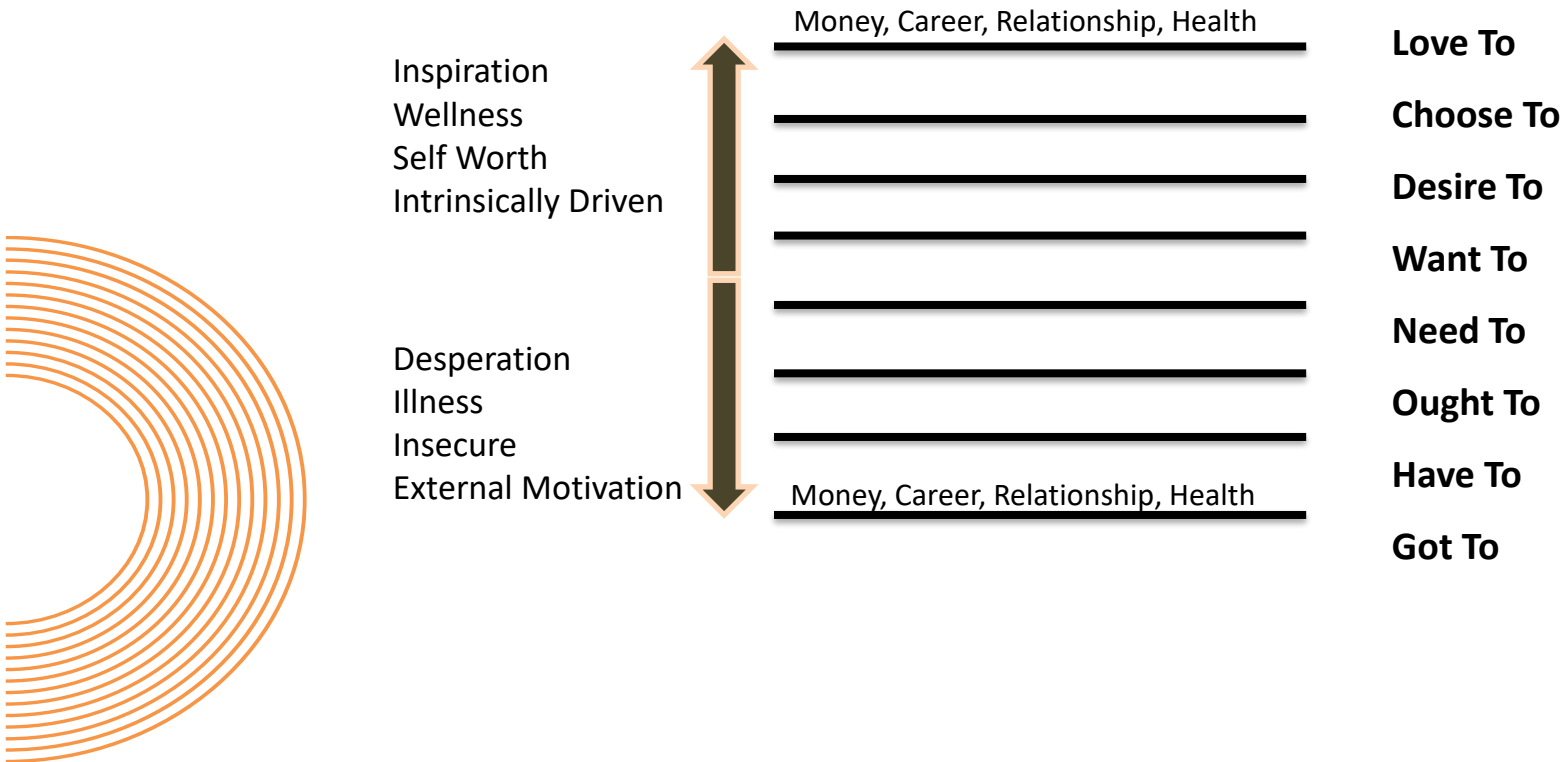


# Values

“When you know your values, you know your compass — and with every choice aligned to them, fulfillment stops being a pursuit and becomes a way of life.”



# Hierarchy of Values





# Values and Relationships

- Careful
- Careless
- Caring

Children are often expressions of parent's repressions!



## In Alignment

Clarity

Certainty

Confidence

## Not In Alignment

Chaos

Confusion


Conflict



# Your Vision

- Is driven by your values
- Is a compass, not a fixed destination
- Allows your imagination to come into play in both healing and identity formation



A close-up, low-angle shot of a human hand reaching upwards, palm facing up. The hand is positioned in the lower third of the frame. The background is a bright, hazy sky with a sun or light source just above the horizon, creating a strong lens flare and a warm, golden glow. The overall mood is one of aspiration, hope, and seeking knowledge.

Learning and understanding ALL the  
wisdom from every experience.



Without a clear vision you can get stuck in survival mode.

Examine the past guilt and shame.

Identify any future anxiety and fear.

Ask quality questions to shift perceptions.



A conceptual image featuring a standard incandescent lightbulb as the central element. The bulb is positioned vertically, with its threaded base at the bottom. It is surrounded by a dense, ethereal cloud of fine particles, primarily in shades of red and blue, which appear to be floating or drifting around the bulb. The background is a deep, dark blue, creating a sense of depth and mystery. The overall composition suggests themes of innovation, energy, or the 'power dynamic' mentioned in the text.

Shifting the power dynamic



# Voice

“A fulfilling life begins the moment you find your voice and dare to speak your truth — for authenticity is the soul’s way of saying, ‘I am free.’”



# Your voice is a tool for:

Authentic self-expression

Boundary setting

Preserving relationships

Removing obligations



# Identifying Patterns that challenge your voice

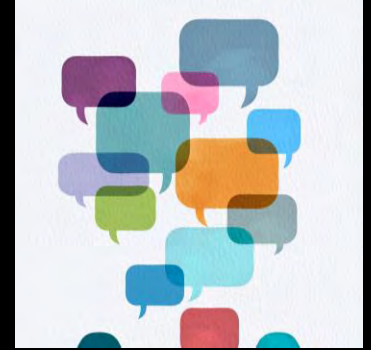
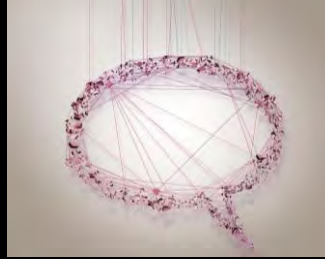
- Subordination
- People pleasing
- Agreeableness





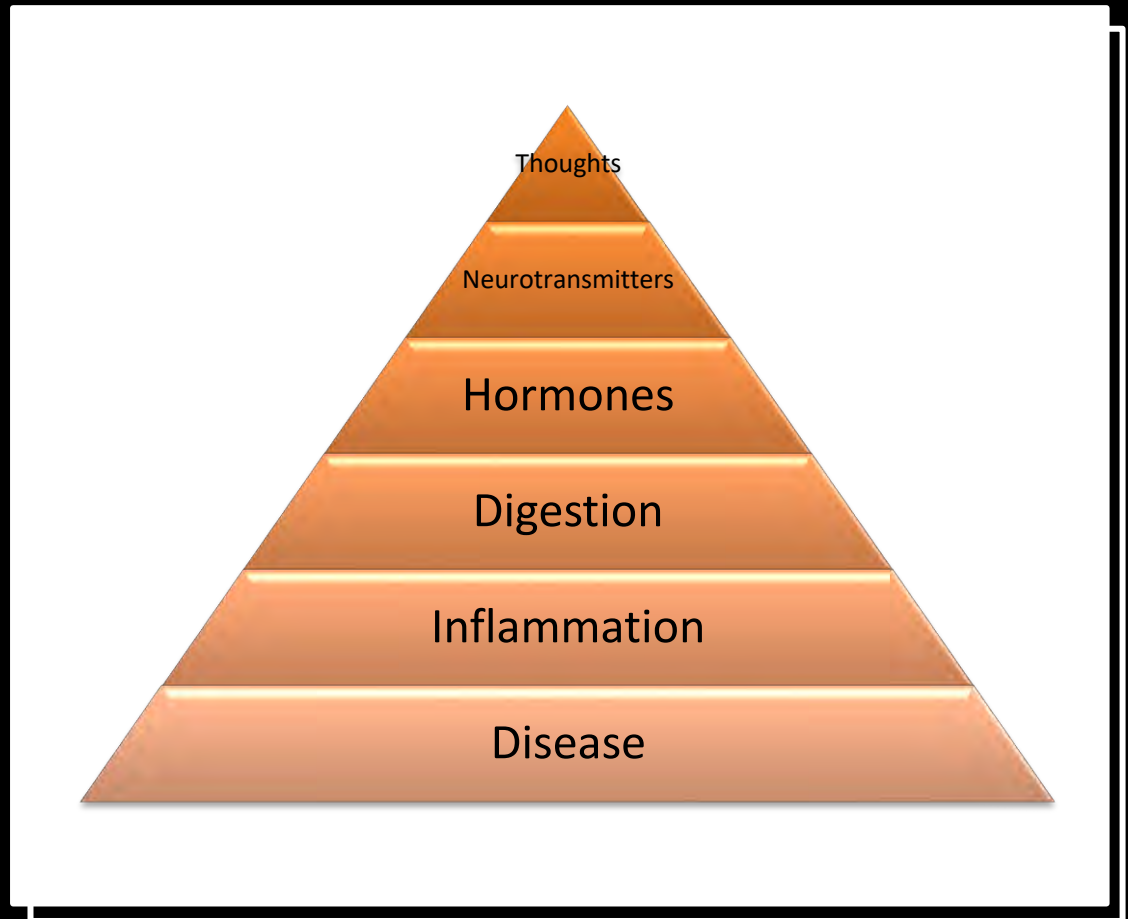
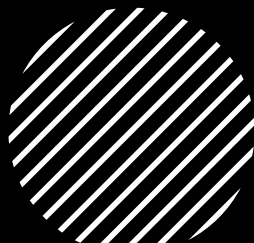
# Self-talk

Internal & External  
dialogue





# Your Voice & Your Physiology





Where do I have the most difficulty  
feeling confident speaking my truth?

Where do I feel the most confident and  
certain speaking my truth?





## **REVIEW IGNITE YOUR INSPIRATION & REKINDLING YOUR AUTHENTICITY**

- **KNOW YOUR VALUES**
- **BE CLEAR IN YOUR VISION**
- **STAND CONFIDENT IN YOUR VOICE**
- **WHAT 'S NEXT???**

# Evaluation Form

