



# Ho'oulu Ohana

— WELLNESS CENTER —



*My goal is to be aware of my client's needs and goals, while providing a safe and non-judgmental environment for them to process their emotions and feelings, to allow themselves to heal.*

## Meet our Therapist

### Garrett Gomes

As a licensed Marriage & Family Therapist's with over three years of clinical experience; I have helped individual's, couples, and family systems create their own pathways to healing. I have helped clients from the age of 5 years old to elderly clients process their emotions and feelings, helping them find a voice to advocate for themselves. There is a quote from Carl Whitaker, "There are no individuals in the world only fragments of families."

There is also a quote from Insoo Kim Berg that has also guided me, "Almost every problem contains an element of solutions."

As a Solution Focused Therapist, one of my objectives is to allow a client to create their own goals and solutions. Though there are times when therapy is not about the immediate rush to goals or solutions, a client may wish to process their past and hold off on goals and solutions, until they are ready. This is why I integrate Trauma Informed Therapy and Experiential Family Therapy into treatment.



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## Meet our Therapist

### Hannah LeMans, LMHC

Aloha mai kākou! I am a licensed mental health counselor located in Hilo, Hawai'i. I have been in the mental health field for about seven years and have experience working with clients of all ages here in Hawai'i. At this time, I specialize in working with families and individuals to adapt to the stressors around them and return to a state of health and wellbeing.

The approach I use is integrative; primarily person-centered, strengths-based, and trauma-informed. The foundation of the therapy I provide is based on the belief that clients are the experts of their own lives and that my role as a therapist is to guide clients back to the innate wisdom and clarity that is gained through emotional regulation.

*A goal of mine is to foster an environment of warmth, openness, and empowerment to better connect and understand others within each individual's support network and community.*

It can be overwhelming taking on the challenges of life or recovering from trauma. In our sessions, we will explore how you do not have to struggle alone and that you are capable of more than you may feel when you are in a low state of mind.

I feel privileged to serve our community and often weave Hawaiian values and cultural activities within the therapy I provide. A few hobbies of mine are spending time outside, reading, weightlifting, running, and cooking.



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*My goal is to create a safe, supportive space where clients feel seen, heard, and respected.*

## Meet our Therapist

### Madonna Taueu, MS

I am a mental health professional based in Hawai'i with over seven years of experience supporting both adults and youth ages 8-21. I specialize in helping young people navigate emotional challenges, family conflict, domestic stress, and the many transitions that come with adolescence.

I am passionate about working with families and communities and have spoken across Hawai'i on parenting skills, child safety, and ways to support children during their formative years. I believe that learning to recognize, understand, and respect emotions is an important step toward healing and growth.

My approach to therapy is integrative and tailored to each individual's needs. I draw from Cognitive Behavioral Therapy (CBT), Rational Emotive Behavior Therapy (REBT), Person-Centered Therapy, Strengths-Based approaches, and Adlerian principles. Together, we explore how thoughts, emotions, and experiences shape behavior while building practical tools to support resilience, healthier relationships, and personal growth.

I approach my work with empathy, compassion, and faith, believing in the inherent worth and potential of every person.