



INNER REALMS

THE QUEST FOR BALANCE: EXPLORING THE SELF THROUGH ROLE PLAY

Learn more about the experience!

We provide a unique tabletop role-playing game experience designed to promote personal growth, emotional resilience, and social connection in a safe, supportive environment.

Why Therapeutic Role-Playing Games? 1) Step into new roles and explore different aspects of yourself. 2) Gain insights, boost self-confidence, and develop coping strategies through guided play. 3) Connect with others in a fun, structured, and inclusive setting.

ESSENTIAL
Counseling 

Email Ben Pruitt for more information!

ben@essentialcts.com

**We provide sessions
to teens and adults
of all backgrounds –
whether you're new
to TTRPGs or a
seasoned player!**

Build Social Skills

**Enhance Emotional
Well-being**

**Co-create an epic
adventure**

**Learn more by
contacting us!**



**ESSENTIAL COUNSELING
AND THERAPEUTIC
SERVICES, PLLC**

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