The Sea Glass Model

Not a spa. Not a clinic. A system of care.

People are often asked to divide themselves in order to receive care. Mental health goes in one place, physical well-being in another, culture and spirituality somewhere else, while rest, community, meaning and joy are treated as extras. The person is left to make the pieces fit. Sea Glass began with a different question: what would care look like if we started with the whole person?

Sea Glass is an **intentional wellness collective** built around that question. It brings clinical care, restorative wellness, culturally competent care and community into relationship, while respecting the distinct training, ethics and scope of the professionals involved. Integration does not mean making every provider responsible for every part of a person's life. It means putting skilled people and different forms of care close enough together to see the same whole person.

People are whole. Care should be too.

A model for moving through change

At the centre of Sea Glass is a way of understanding what happens when life changes us. The model is rooted in Jewish wisdom and informed by psychological science and contemplative practice. These traditions are not interchangeable. Where there are useful parallels, we treat them as parallels rather than claiming they are the same thing.

The movement begins with **shattering**: the recognition that something we relied on can no longer hold in the same way. It may be health, safety, identity, relationship, work, community or our understanding of the world. The first task is not to fix it. It is to acknowledge what has happened.

Then comes the **narrow place**: the period when there may be no answer yet. Rather than rushing toward resolution, we create enough safety and regulation to stay with what is difficult, understand it more clearly and distinguish experience from the stories and conclusions that can quickly gather around it.

The third movement is **the fire**: learning to remain close to grief, fear, anger, uncertainty or change without assuming it must either disappear or consume us. Knowing suffering does not necessarily resolve it, but it can change our relationship to it. We can take an experience seriously without making it the whole story.

Finally comes **returning**. Returning is not going back to who we were before. It is learning how to live now - allowing grief and life, difficulty and joy, vulnerability and participation to exist together. Healing is not presented as a destination or guaranteed transformation. It is an ongoing capacity to meet life with greater awareness, support and choice.

From philosophy to a system of care

This is why the Sea Glass Model extends beyond psychotherapy. Different moments call for different forms of support. At one point a person may need regulated psychological care. At another, movement,

meditation, restorative practices, time in nature, community, cultural connection or simply somewhere safe to rest may matter. The model is not about doing everything at once. It is about having a system capable of responding as needs change.

As Sea Glass grows, that principle will also shape the development of a **care concierge team**. People should not have to become experts in navigating services while they are already under strain. The goal is one place to begin, with support understanding what is available and connecting with the professionals, services and experiences that make sense for them. The providers remain autonomous; the burden of finding the way through the system does not have to rest entirely on the person seeking care.

Culture is part of the person

Culturally competent care is not an additional service within this model. It is part of its foundation. People do not arrive separate from their history, identity, family, community, language, rituals or inherited experiences. When those parts of a person are ignored - or when someone feels they must minimize them to be understood - care is already missing something important.

Sea Glass is grounded in **Jewish culturally competent care**. That means taking Jewish identity seriously in all of its diversity: religious and secular, cultural and ancestral, communal and individual. It includes an awareness of Jewish history, antisemitism, belonging, grief, ritual and the complicated ways identity and safety can enter clinical, wellness and psychedelic spaces. It also means allowing Jewish wisdom to inform the larger Sea Glass philosophy without requiring the people who come to Sea Glass to be Jewish or to share a particular spiritual worldview.

Restoration belongs in care

The Sea Glass Model also makes room for something health systems can neglect: people need more than the reduction of symptoms. Regulation matters, but so do relationship, pleasure, movement, rest, nature, meaning and belonging. These are not substitutes for evidence-based treatment when treatment is needed. They are parts of human life that can support the conditions in which people recover, adapt and participate in life.

That distinction matters. Sea Glass is not trying to turn wellness into medicine or medicine into wellness. Clinical services remain clinical. Restorative experiences remain restorative. Cultural and community life have their own value. The intention is to connect them thoughtfully without erasing the boundaries that make each trustworthy.

A collective, not another silo

The larger Sea Glass project is being built around this same principle. Skilled, autonomous professionals bring depth in their own fields while contributing to a collective understanding of whole-person care. Education, clinical practice, restorative wellness, community and emerging therapeutic approaches can inform one another without pretending to be the same discipline.

This is also the culture we want to build inside Sea Glass itself. Organizations experience rupture, uncertainty and change too. A healthy system needs room to recognize what is not working, stay with

difficult questions, tolerate uncertainty, learn, and return with greater clarity. The model is therefore not only something offered to people who come through the door. It is a standard for how we intend to work together.

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Sea Glass is still growing into this vision. What connects its different parts is not a building or a list of services. It is an intention: to create a system in which clinical care, restoration, culture and community can remain distinct while working in relationship around the person who needs them.

We care for the person, not just the part that hurts.