

SD Voyager

LOCAL STORIES

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Inspiring Conversations with Isabela Romero of Mindful Guides Therapy Center



Today we'd like to introduce you to Isabela Romero

Alright, so thank you so much for sharing your story and insight with our readers. To kick things off, can you tell us a bit about how you got started?

If you told me a few years ago I'd be in San Diego, walking barefoot after breathwork, sipping a matcha, and talking about nervous system regulation—I would've said, "Sign me up." But truthfully, this journey started with a deep internal nudge for alignment.

I had always been passionate about helping people, but something shifted when I realized that talk therapy alone wasn't cutting it. We can't just think our way out of fear, anxiety, or trauma. We need to feel our way through it—safely, slowly, with guidance.

That realization led me to pursue my Somatic Experiencing Practitioner certificate. I believe wholeheartedly in the mind-body connection and in the power of building a resilient nervous system. That's where true healing begins.

Moving to San Diego felt like an intuitive decision. I was drawn here by the lifestyle, the rhythm, the peoplecommunity, movement, wellness, and spirituality are embodied in this place. And I wanted to be part of that.

I'm sure it wasn't obstacle-free, but would you say the journey has been fairly smooth so far?

It has been more like a winding hike with amazing views, unexpected drops, and a few twisted ankles along the way.

Being a Latina woman in America, finding my place, both personally and professionally, has been challenging and rewarding. From navigating identity and finding genuine community, to dealing with loneliness and financial instability, it's been a journey.

But the one thing that kept me moving forward? Choosing faith over fear. Again and again. Allowing myself to fail, to learn, to get back up—and to keep showing up, even when it's scary.

This work requires that level of resilience. You're putting yourself out there constantly. But I truly believe the right clients, the right connections, and the right opportunities come when you're in alignment.

Thanks – so what else should our readers know about Mindful Guides Therapy Center?

I'm currently part of Mindful Guides, a women-owned, boutique therapy practice in the heart of La Jolla. We specialize in holistic psychotherapy, integrating somatic therapy, mindfulness, and traditional psychotherapeutic approaches. What I love most about our practice is that we genuinely live the work we offer. We're not just therapists—we're humans on our own healing journeys, which creates a space of authenticity and deep presence with our clients.

We work with individuals, couples, teens, and families, and each therapist brings their unique style to the table. Personally, I work through an IFS and attachment lens, and I bring in body-based tools to help clients regulate their nervous systems and reconnect with themselves from the inside out.

I'm also an associate therapist working under the guidance of our founder, Nicole Kahn, who has built an incredible environment of mentorship, collaboration, and growth. I feel incredibly lucky to be part of a team that supports one another as much as we support our clients.

If you had to, what characteristic of yours would you give the most credit to?

Authenticity, hands down. I'm not interested in being a "perfect therapist." I want to be real, grounded, and present—with a healthy dose of humor and playfulness.

Sessions with me can include everything from laughter to dancing to embodied still practices. I believe that therapy is a microcosm of intentional living—how we show up in that room can ripple out into healthier relationships and a more aligned life.

At the end of the day, my goal is to help clients feel safe in their bodies, empowered in their choices, and connected to who they really are—beyond the roles or societal expectations.

Pricing:

- \$150 for 50 minutes individual sessions
- \$225 for 75 minutes couple sessions

Contact Info:

- **Website:** <https://www.sandiegotherapy.com/about-mindful-guides/>
- **Instagram:** <https://www.instagram.com/isa.the.therapist/>
- **LinkedIn:** <https://www.linkedin.com/in/isabela-romero-navarro/>
- **Other:** <https://www.psychologytoday.com/us/therapists/isabela-romero-la-jolla-ca/1432394>





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