

MORE THAN medicine

By Waechter Consulting Group



Story of Us
Therapy

Meet Natasha

It was so great to recently meet you Natasha, and I'm so excited about your practice opening a location in Boerne. When we met it felt like we had known each other for years!

What is the name of your practice and where is it located?

My practice is called Story of US Therapy and I have locations in Boerne and Helotes.

Congratulations on expanding to multiple locations! The need for mental health services seems to be at an all-time high right now. **What inspired you to pursue a career in mental health, what drives your passion?**

My inspiration to pursue marriage and family therapy wasn't a single defining moment, but a story that is still being written—a story authored by pivotal relationships and formative experiences, both difficult and beautiful. Without these chapters to teach me the challenges that come with life, I do not believe I would be able to show up as a wounded healer.

Wow, a wounded healer, that's powerful. I love that you've synthesized your personal experience with your passion for others.

Are there specific types of therapy you specialize in?

I chose to specialize in relationships because I have witnessed firsthand the profound impact of healthy connections, as well as the detrimental effects of problematic ones. I believe that relationships are central to our well-being and that nurturing them is essential for a fulfilling life.

That's so true. I've even seen studies that show people with more connection in their lives have improved cardiovascular health and a longer lifespan. With the diversity of mental health practices in the market, **what do you think makes your practice unique?**

At Story of Us Therapy, it's the energy. I encourage everyone to be their true selves because people notice when you're not authentic.

Our space in Boerne is also very unique and colorful.

The culture in Boerne is definitely different than it is in San Antonio! Thinking more nationally, if you could make one change to the healthcare system, what would it be?

The ability for everyone to access healthcare, especially those with limited financial means, would be one change I would like to see in the healthcare system. Everyone deserves access to quality care and the ability to find a provider who resonates with them.

I agree, having good synergy between the patient and the provider can make all the difference. Collaboration, compliance and trust all improve when there is a good match.

Let's get a little personal, what are some hobbies that bring you joy or help you unwind?

My hobbies are probably not too surprising given my background: as a former personal trainer, working out is definitely my number one way to unwind and recharge. But on the flip side, I have a bit of a secret thrill-seeker side—I absolutely love driving fast with the top down and the music cranked up loud!

What's one thing most people might not know about you?

Most people may not know I have stage fright. I can talk all day, one-on-one, but speaking to a group makes my heart beat out of my chest!

You have such a big personality and exude confidence, I'm surprised to hear that you have stage fright! But I can relate, I get nervous speaking to large audiences as well.

Do you have anything coming up in 2026 that you'd like to highlight?

The biggest thing I have coming up in 2026 is an effort to really get to know the Boerne community. We recently opened our office here, and I'm excited to connect with the people and families in this area. Building relationships within the community is a priority for me as we settle into our new space.

I hope you find the Boerne community as welcoming as I have. It's an area that is definitely built on tradition and the strong foundation of relationships. I'm excited to introduce you and The Story of US to some of my connections!



Waechter Consulting Group is committed to providing new and established medical practices with customized business development strategies which grow patient volume and optimize business performance.

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