

wellness works counseling llc

Wellness Works Counseling LLC: Your Path to a Healthier, Happier You

Are you feeling overwhelmed, stressed, or just plain stuck? Do you yearn for a more fulfilling and balanced life? At Wellness Works Counseling LLC, we understand that navigating life's challenges can be difficult, and we're here to help you find your way. This comprehensive guide will introduce you to Wellness Works Counseling LLC, explore the services we offer, and explain how we can support you on your journey towards well-being. We'll cover everything from our approach to therapy to the specific issues we address, ensuring you have a clear understanding of how we can help you achieve your personal wellness goals.

Understanding Wellness Works Counseling LLC: A Holistic Approach

Wellness Works Counseling LLC is more than just a counseling practice; it's a collaborative partnership focused on your holistic well-being. We believe that true wellness encompasses the mind, body, and spirit, and we tailor our approach to address each individual's unique needs and circumstances. Our therapists are highly trained and experienced professionals dedicated to creating a safe, supportive, and non-judgmental environment where you can explore your challenges and develop effective coping strategies. We prioritize building strong therapeutic relationships based on trust, empathy, and mutual respect. This foundation allows for open communication and a deeper exploration of your concerns, paving the way for meaningful and lasting change.

Services Offered by Wellness Works Counseling LLC

We offer a wide range of counseling services designed to address various life challenges. Our services include, but are not limited to:

Individual Therapy: This is a personalized approach focusing on your specific needs and goals. Whether you're struggling with anxiety, depression, relationship issues, trauma, or life transitions, individual therapy provides a dedicated space for self-discovery and healing.

Couples Counseling: Navigating the complexities of a relationship can be challenging. Our couples counseling services help partners improve communication, resolve conflict constructively, and rebuild intimacy and connection. We work collaboratively to understand the dynamics within your relationship and develop strategies for greater understanding and harmony.

Family Therapy: Family therapy addresses challenges within the family system, fostering healthier communication patterns and improving relationships among family members. We focus on improving family dynamics and resolving conflicts to create a more supportive and nurturing environment.

Group Therapy: Participation in group therapy offers the unique opportunity to connect with others

who share similar experiences, fostering a sense of community and mutual support. This supportive environment can reduce feelings of isolation and provide valuable insights from diverse perspectives.

Our Approach to Therapy: A Blend of Evidence-Based Practices

At Wellness Works Counseling LLC, we utilize a variety of evidence-based therapeutic approaches tailored to each individual's unique needs. These approaches include:

Cognitive Behavioral Therapy (CBT): CBT helps identify and challenge negative thought patterns and behaviors, replacing them with healthier, more adaptive ones.

Dialectical Behavior Therapy (DBT): DBT is particularly effective in managing intense emotions and improving interpersonal relationships, often used for individuals struggling with borderline personality disorder or emotional dysregulation.

Acceptance and Commitment Therapy (ACT): ACT emphasizes accepting difficult emotions and committing to valued actions, helping individuals live a more meaningful and fulfilling life.

Trauma-Informed Therapy: We understand the profound impact of trauma and utilize trauma-informed approaches to create a safe and supportive environment for healing and recovery.

Why Choose Wellness Works Counseling LLC?

Choosing the right therapist is a crucial step on your journey to well-being. We differentiate ourselves through:

Experienced and Licensed Therapists: Our team comprises highly qualified and experienced therapists licensed to practice in their respective states.

Personalized Approach: We prioritize individual needs and tailor our therapeutic approach to meet your specific goals and preferences.

Comfortable and Supportive Environment: We create a welcoming and non-judgmental space where you can feel safe and comfortable exploring your thoughts and feelings.

Convenient Scheduling Options: We offer flexible scheduling options to accommodate your busy life.

Commitment to Confidentiality: Your privacy is paramount, and we maintain strict confidentiality in accordance with ethical guidelines.

Finding the Right Path to Wellness with Wellness Works Counseling LLC

We understand that taking the first step towards seeking help can be daunting. However, we want to assure you that at Wellness Works Counseling LLC, you'll find a compassionate and supportive team dedicated to empowering you to live a happier, healthier, and more fulfilling life. We believe in your

strength and resilience, and we're here to help you uncover your inner resources and achieve your goals. Contact us today to schedule a consultation and begin your journey towards well-being.

Conclusion

Wellness Works Counseling LLC is committed to providing high-quality, personalized mental health services in a safe and supportive environment. We believe in the power of therapy to transform lives and are dedicated to helping our clients achieve their full potential. Contact us today to learn more and begin your path towards a brighter future.

FAQs

1. What types of insurance do you accept? We accept a wide range of insurance plans. Please contact our office to verify your coverage.
1. What are your office hours? Our office hours are [Insert Office Hours Here]. We also offer some evening and weekend appointments.
1. Do you offer telehealth services? Yes, we offer telehealth services for the convenience of our clients.
1. What is the cost of a session? The cost of a session varies depending on the type of therapy and your insurance coverage. Please contact our office for specific pricing information.
1. How do I schedule an appointment? You can schedule an appointment by calling us at [Insert Phone Number Here] or visiting our website at [Insert Website Address Here].

wellness works counseling llc: Creating Relationship Wellness Stephanie Wijkstrom, 2021 Mindfulness for your marriage is a tool book to be used by couples who want to gain the skill of relationship wellness. Each chapter offers evidence-based, and therapist verified techniques to gain insight into yourself and your partners world. Mindfulness for your marriage offers skills-based interventions that draw upon the fields of mindfulness and behavioral psychology, both recognized as pathways to enrichment. Each segment of this text builds upon the previous in an effort to lead the reader toward a mastery of relationship wellness. Divorce, separation, or disconnection do not

always need to be the solution, a new approach to your problems will empower your path to reconnection. Prepare to break down specific methods of mindfulness and apply them during each chapter's exercises as you practice to enhance your relationship. Each segment ends with practical exercises to do together or independently. In this unique text, you are offered thoughtful meditations that make relationship improvement understandable and easy. The writer houses an intimate understanding of human emotions and connections that she intersects in a meaningful way. It is not necessary to wait to improve your love until it is ailing, but here and now, relationship enhancement is offered as a preventative strategy in the attainment of interconnected wellbeing.

wellness works counseling llc: Wellness Counseling Paul F Granello, 2013-04-09 This is the eBook of the printed book and may not include any media, website access codes, or print supplements that may come packaged with the bound book. Developed by a professor who has been teaching a popular and innovative wellness counseling course for over a decade, this new text is organized into a format specifically designed to meet the needs of both counselor education graduate students and their teachers — making both teaching and learning the material easier and more intuitive. Giving a general but comprehensive overview of the subject of wellness, Wellness Counseling offers students a compelling balance of the science and research in the field, the theories that have emerged from this research, and the practical applications that we can take away from practicing these theories. Holistic, scientific, and ultimately concerned with the humanity of counseling, this text strives to be inclusive — especially of the psychological and social aspects of wellness that have gained more attention in recent years. The book is organized in three main sections. While Section One is concerned with the background of wellness as a healthcare paradigm in the United States and major theories of wellness, and historical context for wellness, Section Two contains specific information on the social, physical, emotional, and cognitive domains of wellness. The last main section of the book synthesizes the first two sections of the book to extract practical applications of wellness in behavioral healthcare intervention counseling.

wellness works counseling llc: Children Who Remember Previous Lives Ian Stevenson, M.D., 2016-05-20 The concept of reincarnation has been around for thousands of years, and is a part of many religions, including Hinduism, Buddhism, Jainism, and Sikhism. In addition to these religious beliefs, many people believe it offers an explanation for the mysteries of life. There are children that claim to remember previous lives as adults or even animals. These claimed memories might affect the development of the child and be incorporated into the child's personality. This book presents an in-depth look at Dr. Stevenson's forty years studying children who claim to remember previous lives. It is an informative, professional read that dispels common misconceptions about reincarnation and offers an open-minded perspective. It provides an overview of the history of the belief in and evidence for reincarnation, with new material relating to birthmarks and birth defects, independent replication studies, and recent developments in genetic study. It also covers research on children, the methods used, the cases studied, and the analyses of the data. The idea of reincarnation is explored as an explanation for some unsolved problems in psychology and medicine.

- INTRODUCTION TO REINCARNATION--Provides an introduction to the study of reincarnation, including a discussion of the belief in reincarnation.
- VARIATIONS IN DIFFERENT CULTURES--Looks at how reincarnation is viewed in different cultures around the world and how it has changed over time.
- EXPLANATORY VALUE OF THE IDEA OF REINCARNATION--The idea of reincarnation has been around for thousands of years, and many people believe it offers an explanation for the mysteries of life.
- TYPES OF EVIDENCE FOR REINCARNATION--There are many types of evidence for reincarnation, including anecdotal evidence, case studies, and research studies.
- TYPICAL CASES OF CHILDREN--Looks at typical cases of children who remember previous lives, with a focus on their characteristics.
- METHODS OF RESEARCH--Discusses the methods of research and the various ways in which previous-life memories can be investigated.
- ANALYSIS AND INTERPRETATION OF CASES--Analyzes a number of cases from the author's 40-year career.

wellness works counseling llc: Black Therapists Rock Deran Young, 2018-05-28 The black

community is often thought of as an ongoing saga of reliance, incredible strength, and perseverance, in spite of a brutally harsh past. However, the obvious connection between mental health and racial oppression, health disparities, cultural differences, societal factors, poverty, and reduced quality of life, often goes unspoken. Thousands of black people are suffering in the shadows while making every attempt to be seen. Although there is no single narrative, mental health and psychosocial wellness underpin many of the challenges experienced by black people. Black Therapists Rock has become a movement that is passionate about loudly speaking our varied truths to begin the healing of emotional wounds that are multiple generations deep. Although we may not be the cause of this deep-seated pain, it is ours to bear and soothe. The professional perspectives shared in this book strive to inspire hope, beyond the divorce courts, housing developments, emergency rooms, domestic violence shelters, broken homes, jails/prisons, homeless centers, welfare offices, or foster care systems. NONE of us are immune. Statistically, we all have at least one relative that has experienced one or more of these situations. And now, with our #villagementality, we can offer an honest and true source of healing; with compassion, forgiveness and genuine connection for ourselves and others.

wellness works counseling llc: Integrating the Expressive Arts Into Counseling Practice

Suzanne Degges-White, PhD, LMHC-IN, LPC-NC, NCC, Nancy L. Davis, PhD, LPC, LSC, 2017-09-28

When I used it, I felt it was a very valuable resource, linking work with the arts to the theoretical foundations of counseling.--Sally S. Atkins, EdD Professor Emerita Founding Director of Expressive Arts, Appalachian State They [Students] like the activities since it helps them learn more about the counseling theory which was discussed in the Theories of Counseling class. It provides more application. Some activities are pretty detailed and class time does not allow for much practice. But, we discuss how this could be used in therapy sessions/groups... [The book] is short and very pointed in its information and use. We like it!--Judy A. Schmidt, EdD, CRC, LPCA University of North Carolina at Chapel Hill Expanded and revised to reflect a broader understanding of the complementary approach to therapeutic treatment, this is the only text to integrate expressive arts counseling techniques with major theories of counseling and psychology. Substantial changes to the second edition include new chapters that address Neuroscience and Counseling, Trauma-Informed Counseling, Animal-Assisted Therapy, Mindfulness and Counseling, and Family Counseling, along with a greater emphasis on cultural and diversity considerations throughout. The book is updated with over 30 new interventions including animal-assisted and videographic interventions, and new information about the neuroscientific foundations of expressive arts therapies. Updated references in each chapter, and a suite of Instructor's Materials also add to value of the second edition. The text integrates expressive arts therapies with 12 commonly used treatment modalities. Each chapter reviews a particular theory and describes how expressive and creative techniques can support and be easily integrated within that orientation. Over 90 field-tested, step-by-step interventions—created by leading practitioners—offer students and clinicians techniques that can be put to use immediately. New to the Second Edition: New chapters address Neuroscience and Counseling, Trauma-Informed Counseling, Animal-Assisted Therapy, Mindfulness and Counseling, and Family Counseling and the Expressive Arts. Cultural and diversity considerations in each chapter. Updated with new references. Over 30 new interventions including videography. Instructor's materials. Key Features: Integrates expressive arts counseling techniques with 12 major theories of counseling and psychology. Presents over 90 expressive art interventions in easy, step-by-step format. Includes art, writing, bibliotherapy, drama, music, movement, dance, puppetry, and sand play. Discusses appropriate populations, settings, and diagnoses for each intervention. Includes interventions that can be put to use immediately.

wellness works counseling llc: Working with Infertility and Grief Whitney L. Jarnagin,

Denis' A. Thomas, Megan C. Herscher, 2023-08-04 Working with Infertility and Grief: A Practical Guide for Helping Professionals explores issues of grief, including disenfranchised grief and chronic sorrow, related to infertility and reproductive loss. Out of the small handful of books related to this topic, this is the first of its kind geared toward equipping helping professionals who assist those

grieving unrecognized losses. Written through the lens of the literary framework of The Hero's Journey, this comprehensive practitioner guide directly targets mental health professionals working with clients, supervisees, or students who have experienced infertility, miscarriage, or death of an infant. This book is also for those who experienced it themselves. Readers will learn more about the crisis of infertility and reproductive loss, gain insight into the experience of those suffering, and acquire practical tools and strategies for helping and healing. This text is broad enough to be integrated into a course for a graduate program and specific enough to serve as a shelf reference for those in practice.

wellness works counseling llc: The SAFER-R Model George Everly, Jr., 2017-04 Psychological Crisis Intervention: The SAFER-R Model is designed to provide the reader with a simple set of guidelines for the provision of psychological first aid (PFA). The model of psychological first aid (PFA) for individuals presented in this volume is the SAFER-R model developed by the authors. Arguably it is the most widely used tactical model of crisis intervention in the world with roughly 1 million individuals trained in its operational and derivative guidelines. This model of PFA is not a therapy model nor a substitute for therapy. Rather it is designed to help crisis interventionists stabilize and mitigate acute crisis reactions in individuals, as opposed to groups. Guidelines for triage and referrals are also provided. Before plunging into the step-by-step guidelines, a brief history and terminological framework is provided. Lastly, recommendations for addressing specific psychological challenges (suicidal ideation, resistance to seeking professional psychological support, and depression) are provided.

wellness works counseling llc: Workplace Wellness Rose Karlo Gantner Ed.D., 2012-03-01 Workplace Wellness is a guide for business leaders, managers, and consultants who want to decrease health care costs even as they improve employee productivity, satisfaction, and health conditions. -- from xi

wellness works counseling llc: Responding to Critical Cases in School Counseling Judy A. Nelson, Lisa A. Wines, 2020-10-05 This book helps school counselors and other school personnel navigate the complexities of the most common critical cases that are urgent and difficult in schools in the 21st century. Counselor educators who use this text will help trainees learn to take a methodical approach to critical cases and to be prepared for the difficult situations they will encounter including cases involving violence, cases of an existential nature, cases involving inappropriate adult behavior, and cases impacting the school community. After a description of the case, the reader is provided with the theories, standards, and experiences that are relevant to the case to formulate a response that is based on foundational principles of the school counseling profession. Contributing counselors from around the country explain what they do when critical cases present themselves, and this text provides their tools, wisdom, and professional judgments and offers training that embraces the reality of the school counselor profession to all counselors, educators, and trainees.

wellness works counseling llc: What Every Mental Health Professional Needs to Know About Sex Stephanie Buehler, PsyD, CST-S, 2013-07-29 Although sexual issues frequently arise in therapeutic practice, mental health professionals are often uncomfortable and poorly equipped to address them. Written by an author who is both a psychologist and sex therapist, this practical guide provides information, tools, and exercises to increase the confidence and comfort of the mental health professional called upon to treat sexual issues during the course of therapy. The book is based on the premise that the therapist must be comfortable with his or her own sexuality in order to offer appropriate treatment. This guide discusses the characteristics of healthy sexuality-for both client and therapist-and explores the reasons that may underlie a therapist's discomfort with addressing sexual issues. Using case studies and sample dialogues, it covers a multitude of common and unusual sexual problems, couple's issues, questions that parents may have about sex, working with LGBT clients, sex for survivors of trauma, sexuality and aging, sexual pain disorders, and how to assess whether more extensive sexual therapy is needed. The guide demonstrates how therapists in different modalities can incorporate treatment of sexual problems into their practice, and covers

relevant ethical issues. Included is a downloadable set of practitioner's resources that includes worksheets and client handouts that can be immediately put to use. Additionally, the book provides resources for more in-depth information and discusses collaboration with other health professionals. Key Features: Discusses how to comfortably and effectively discuss, assess, and treat clients' sexual concerns Supported by case studies and therapist/clinician dialogues Includes Step Into My Office sidebars taken from the author's own experience Provides downloadable resources including assessments, worksheets, and client handouts

wellness works counseling llc: Financial Therapy Bradley T. Klontz, Sonya L. Britt, Kristy L. Archuleta, 2014-09-10 Money-related stress dates as far back as concepts of money itself. Formerly it may have waxed and waned in tune with the economy, but today more individuals are experiencing financial mental anguish and self-destructive behavior regardless of bull or bear markets, recessions or boom periods. From a fringe area of psychology, financial therapy has emerged to meet increasingly salient concerns. Financial Therapy is the first full-length guide to the field, bridging theory, practical methods, and a growing cross-disciplinary evidence base to create a framework for improving this crucial aspect of clients' lives. Its contributors identify money-based disorders such as compulsive buying, financial hoarding, and workaholism, and analyze typical early experiences and the resulting mental constructs (money scripts) that drive toxic relationships with money. Clearly relating financial stability to larger therapeutic goals, therapists from varied perspectives offer practical tools for assessment and intervention, advise on cultural and ethical considerations, and provide instructive case studies. A diverse palette of research-based and practice-based models meets monetary mental health issues with well-known treatment approaches, among them: Cognitive-behavioral and solution-focused therapies. Collaborative relationship models. Experiential approaches. Psychodynamic financial therapy. Feminist and humanistic approaches. Stages of change and motivational interviewing in financial therapy. A text that serves to introduce and define the field as well as plan for its future, Financial Therapy is an important investment for professionals in psychotherapy and counseling, family therapy, financial planning, and social policy.

wellness works counseling llc: Yoga Journal , 1999 For more than 30 years, Yoga Journal has been helping readers achieve the balance and well-being they seek in their everyday lives. With every issue, Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty.

wellness works counseling llc: Introduction to the Counseling Profession David Capuzzi, Douglas R. Gross, 2017-06-26 Designed for students who are taking a preliminary course in the counseling field, Introduction to the Counseling Profession, 7th Edition, provides a comprehensive overview of the history and foundational concepts of counseling, offering the most current and relevant breadth of coverage available from experts in their respective fields. This edition includes topics rarely discussed in introductory texts, such as self-care and self-growth and the use of technology in counseling, as well as a new chapter on crisis counseling. Chapters also reflect updates to the 2016 Council for the Accreditation of Counseling and Related Educational Programs (CACREP) standards, and a chapter on each CACREP specialization is included. Students will gain insight into the myriad issues that surround not only the process of counseling and its many populations but also the personal dynamics that have an impact on this process. Furthermore, a collection of supplemental resources is available online to benefit both instructors and students. Instructors will find PowerPoint slides and test banks to aid in conducting their courses, and students can access chapter summaries, exercises, and other tools to supplement their review of the material in the text.

wellness works counseling llc: The Professional Counselor's Desk Reference Mark A. Stebnicki, PhD, LPC, DCMHS, CRC, CCM, CCMC, Irmo Marini, PhD, DSc, CRC, CLCP, 2015-08-21 This award-winning, bestselling reference for professional counselors and graduate students is extensively updated and expanded to encompass critical developments that are immediately relevant to the counseling professions, including the 2014 American Counseling Association Code of Ethics,

CACREP/CORE accreditation standards, DSM-5, the Affordable Care Act, and many other important changes. It reflects the ongoing consolidation of a strong identity for professional counselors and the need to address mental health and other counseling concerns amidst marked socio-cultural changes. The only resource of its kind, it is an extremely useful guide for counseling students working toward licensure and certification as well as experienced counselors, counselor educators, clinical supervisors, psychologists, and social workers. The second edition offers a unique interdisciplinary approach inclusive across all counseling disciplines and features contributions from over 110 highly regarded experts in counselor education, research, and practice. It is based on the core content and knowledge areas outlined by CACREP and CORE accreditation standards and disseminates, in 93 chapters, both contemporary insight and practical strategies for working with the complexity of real-life issues related to assessment, diagnosis, and treatment of diverse clients. New chapters address military and veteran health issues; evidence-based practice for training; counseling transgender individuals, partners, and families; counseling caregivers;; social justice; and so much more. In addition to being a quick-access resource for all counseling professionals, the second edition serves as a concise, accessible reference for graduate students preparing for certification and licensure exams. It features an expanded, comprehensive self-exam of over 340 multiple-choice items based on the CORE/CACREP core content and knowledge areas for counselor education and training. New to the Second Edition: Updated and expanded discussion of the 2014 ACA Code of Ethics Affordable Care Act and its impact on delivery of mental health services Coverage of DSM-5 Promotes an interdisciplinary approach inclusive across all counseling disciplines Includes an expanded self-exam with over 340 study questions for NCE and CPCE prep New chapters on military and veteran mental health issues New chapter on evidence-based practices for counseling New chapter on behavioral health and health disparities in the U.S. New chapter on social justice and health equity issues New chapter on counseling caregivers New chapter on counseling children with psychiatric conditions New chapter on counseling for wellness New chapter on counseling survivors of natural disasters New information on complementary, alternative, and integrative approaches New information on counseling LGBTQ couples, partners and families Key Features: Covers all key foundational content for CACREP/CORE-accredited programs within one volume Provides quick access to a vast compendium of counseling information Edited and authored by leading counseling scholars, educators, and practitioners Relevant across all counseling specialties Updated to reflect 2014 ACA Code of Ethics, Affordable Care Act, DSM-5, and revisions to licensure requirements in many states

wellness works counseling llc: Dance/Movement Therapy for Trauma Survivors Rebekka Dieterich-Hartwell, Anne Margrethe Melsom, 2022-03-10 This book offers a timely, detailed, and comprehensive synopsis of dance/movement therapy (DMT) in the treatment of psychological trauma. Along with the foundational concepts of DMT, tied to traditional trauma theory and a neurobiological framework, contributions contain rich clinical examples that illustrate the use of dance, creative movement, and body awareness with a wide variety of populations including survivors of sex trafficking, military veterans, refugees, those with multigenerational trauma, and others. Chapters emphasize the underlying influences of power, privilege, and oppression on trauma, prompting practitioners to consider and understand the dynamics of sociocultural contexts and engage in continuous self-reflection. Featuring multiple perspectives, as well as cultural and contextual considerations, this book provides direct takeaways for clinicians and professionals and concludes with a roadmap for the trajectory of trauma-informed, healing-centered DMT.

wellness works counseling llc: Handbook of Sexuality Leadership James C. Wadley, 2019-12-06 This interdisciplinary book bridges the gap between sexuality and leadership studies and serves as a blueprint for professionals seeking to understand the rationale behind leadership styles, particularly those which facilitate conversations that educate or liberate individuals, couples, families, and communities. The Handbook of Sexuality Leadership brings together education, clinical, research, and advocacy experts from the field of sexology, who each speak of their unique leadership experiences - with diversity and inclusivity in mind - and serve as a medium of

empowerment and transformational influence. This innovative compendium illuminates strategic planning, community engagement, and the necessity of working with underserved or marginalized communities using a combination of leadership styles. Chapters provide tools for risk taking, organizational improvement, collaborative leadership, and cultural intelligence, as well as strategies to emancipate underrepresented groups and lead systemic change. With questions for further thought included to provoke critical thinking and initiate transformative conversations, this book will be an essential read for anyone interested in becoming a sexuality consultant or serving in a leadership position.

wellness works counseling llc: How to Thrive in Counseling Private Practice Anthony Centore, Anthony Centore Ph D, 2016-07-25 Are you looking to start, build or grow a counseling private practice? Are you wanting to get off the ground, open your doors, or build a caseload of clients? Are you confused about networking, marketing, licensing, networking, billing or other practice management issues that you never even heard of when you were in grad school? Are you thinking about converting a successful solo practice into a larger group or agency? In this work, Dr. Anthony Centore (Licensed Counselor, Private Practice Consultant for the American Counseling Association, and CEO of Thriveworks) shares road-tested practice building strategies from his direct, extensive, experience growing a successful chain of mental health counseling practices. A must have resource for anyone getting started, or working to grow, a coaching or counseling practice.

wellness works counseling llc: Managing the Psychological Impact of Medical Trauma Michelle Flaum Hall, EdD, LPCC-S, Scott E. Hall, PhD, LPCC-S, 2016-07-12 What to do when treatment becomes trauma Of increasing concern to all health professionals is the mental and emotional trauma that can result from adverse medical experiences ranging from life-threatening events to even routine medical procedures. This groundbreaking book is the first to conceptualize the psychological aspects of medical trauma and provide mental health and health care professionals with models they can use to intervene when treatment becomes trauma. The book delivers systems-level strategies for supporting patients and their families who experience distress in the medical setting or as a result of life-threatening or life-altering diagnoses and procedures. Reflecting the growing trend toward interprofessional practice and training in health care and initiatives toward patient-centered care, the book also describes models that promote the seamless integration of mental health professionals into the health care team. The book reflects the PPACA mandate to integrate mental health services into health care in order to both ensure the psychological and emotional well-being of patients and to provide support and guidance to health care professionals. Using an inclusive model of medical trauma, the book examines the effects and complexity of the trauma experience within the medical setting; addresses patient, medical staff, and procedural risk factors regarding specific level 1, 2, and 3 traumas; discusses the effects of environment and medical staff interactions; and covers intervention and prevention. The book also highlights examples of health care systems and organizations that have successfully applied innovative ideas for treating the whole person. Extensive case studies addressing the three levels of medical trauma illustrate its effects and how they could have been better managed. Key Features: Addresses psychological trauma resulting from adverse medical experiences—the first book to do so Provides effective models for addressing trauma in health care based on maternal health protocols from NCSWH Includes effective new models, protocols, and best practices for all mental health and health care professionals Presents extensive case examples of levels 1, 2, and three medical trauma Disseminates valuable resources and screening and measurement tools

wellness works counseling llc: The ACA Encyclopedia of Counseling American Counseling Association, 2015-04-15 This premiere counseling reference book is ideal for students, educators, supervisors, researchers, and practitioners seeking to quickly update or refresh their knowledge of the most important topics in counseling. More than 400 entries span the 2009 CACREP core areas used in counselor preparation, continuing education, and accreditation of counseling degree programs, making this a perfect text for introductory counseling classes or for use as a study guide when preparing for the National Counselor Exam. This encyclopedia makes counseling come alive

through its user-friendly writing style; instructive examples that connect readers to practice, teaching, supervision, and research; and its helpful cross-referencing of entries, boldfaced important terminology, and suggested resources for further study. *Requests for digital versions from ACA can be found on www.wiley.com. *To purchase print copies, please visit the ACA website *Reproduction requests for material from books published by ACA should be directed to permissions@counseling.org

wellness works counseling llc: An Intersectional Approach to Counseling Children and Adolescents With Health Conditions Jennie Park-Taylor, Merle Keitel, 2024-05-01 The purpose of the present book, *An Intersectional Approach to Counseling Children and Adolescents with Health Conditions*, is to provide mental health professionals and students of counseling, medicine, psychology, social work, and other helping professions, with useful information and helpful suggestions for their work with children and adolescents who experience significant health issues. The chapter authors rely on an intersectional understanding of the human experience and specifically focus on how diverse youth experience, understand, and seek support for specific health conditions and illnesses. Considering contemporary research that has shed light on some of the ways individuals' multiple social identities interconnect and interact to compound experiences of illness, health psychology researchers would benefit from applying an intersectional lens in their explorations of the micro and macro-level variables that influence pathways towards health and illness for different groups. For mental health practitioners, an intersectional perspective on diverse children and adolescents' experiences of specific health conditions will more likely lead to innovative and inclusive interventions that target change at multiple levels. We are confident that our book will be of great use to mental health practitioners and students who plan to or are currently working with children and adolescents with significant health issues. Readers of the book can focus on a specific health condition that is common among children/adolescents and develop their knowledge, skills, and awareness of the cultural and systemic considerations in working with children/adolescents and their families. Particular attention can be paid to the ways in which the clients' and the counselors' intersectional social identities may influence counseling children and adolescents with significant health issues.

wellness works counseling llc: Play Therapy Techniques Charles E. Schaefer, Donna M. Cangelosi, 2002 The second edition of *Play Therapy Techniques* includes seven new chapters in addition to the original twenty-four. These lively chapters expand the comprehensive scope of the book by describing issues involved in beginning and ending therapy, using metaphors, playing music and ball, and applying the renowned Color Your Life technique. The extensive selection of play techniques described in this book will add to the clinical repertoire of students and practitioners of child therapy and counseling. When used in combination with formal education and clinical supervision, *Play Therapy Techniques, Second Edition*, can be especially useful for developing treatment plans to address the specific needs of various clinical populations. Students and practitioners of child therapy and counseling, including psychologists, psychiatrists, social workers, nurses, and child life specialists will find this second of *Play Therapy Techniques* informative and clinically useful.

wellness works counseling llc: Wellness Recovery Action Plan Mary Ellen Copeland, 2000

wellness works counseling llc: Social Work and Mental Health Sylvia I. Mignon, MSW, PhD, 2019-09-09 Clear, comprehensive, and accessible, this textbook presents an overview of the contemporary American mental health system and its impact on clients and social workers. The failure of the system to provide quality care for the mentally ill is explored, including issues and policies that social workers face in accessing mental health care for their clients, while also discussing the ways in which social workers can improve the overall functioning of the system and promote the development and expansion of policy and practice innovations. This is the first textbook to examine the lack of understanding of the roots of mental illness, the challenges in classification of mental disorders for social workers, and difficult behavioral manifestations of mental illness. By looking at the flaws and disparities in the provision of mental health services, especially in relation

to the criminal justice system and homelessness and mental illness, social work students will be able to apply policy and practice to improve mental health care in their everyday work. A focus on the lived experiences of the mentally ill and their families, along with the experiences of social workers, adds a unique, real-world perspective. Key Features: Delivers a clear and accessible overview and critique of social work in the broader context of mental health care in the US Reviews historical and current mental health policies, laws, and treatments, and assesses their impact on social services for the mentally ill Investigates racial and ethnic disparities in mental health provision Incorporates the experiences of people with mental illness as well as those of social workers Offers recommendations for future social work development of mental health policies and services Includes Instructors Manual with PowerPoint slides, chapter summaries and objectives, and discussion questions Addresses CSWE core competency requirements

wellness works counseling llc: *Counseling and Psychotherapy* David Capuzzi, Mark D. Stauffer, 2022-03-29 This foundational text offers dynamic and fresh perspectives on theories across the helping professions to help guide client case conceptualization and therapeutic transformation. A diverse group of topical experts provides contemporary insight on the following theories: relational-cultural, psychodynamic, Jungian, Adlerian, existential, person-centered, Gestalt, cognitive behavioral, third-wave cognitive behavioral, rational emotive, reality therapy/choice, family, feminist, constructivist, and emotion-focused theories, as well as creative approaches to counseling used in a variety of theoretical models. Each theory is discussed in terms of historical background; human nature and development; major constructs; applications, including goals, the process of change, traditional and brief interventions, and serious mental health issues, supporting research and limitations; and the case of Clarita. The use of a consistent case study across chapters reinforces the differences between theories and demonstrates how each theory influences the counseling and treatment plan. A complimentary test manual and PowerPoints for instructor use are available by request. *Requests for digital versions from ACA can be found on www.wiley.com *To purchase print copies, please visit the ACA website <https://imis.counseling.org/store/> *Reproduction requests for material from books published by the ACA should be directed to publications@counseling.org

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wellness works counseling llc: *Skill Development in Counselor Education* Joy S. Whitman, Laura R. Haddock, 2018-09-05 Skill Development in Counselor Education provides counselor educators in training with a variety of materials and suggestions to assist in building fundamental skills. Templates, activities, and quizzes guide educators in developing their identities and teaching philosophies, developing engaging curricula, teaching cultural and technological competence, and dealing with complex ethical issues in the classroom. The book also covers a variety of practical topics related to seeking a faculty position or navigating an academic appointment, including writing a CV and cover letter, preparing for interviews, and navigating the tenure process.

wellness works counseling llc: *Strengths-Based Therapy* Elsie Jones-Smith, 2013-01-09 Combining both the theory and practice of strengths-based therapy, Elsie Jones-Smith introduces current and future practitioners to the modern approach of practice—presenting a model for treatment as well as demonstrations in clinical practice across a variety of settings. This highly effective form of therapy supports the idea that clients know best about what has worked and has not worked in their lives, helps them discover positive and effective solutions through their own experiences, and allows therapists to engage their clients in their own therapy. Drawing from cutting-edge research in neuroscience, positive emotions, empowerment, and change, Strengths-Based Therapy helps readers understand how to get their clients engaged as active participants in treatment.

wellness works counseling llc: *Self-Compassion* Dr. Kristin Neff, 2011-04-19 Kristin Neff, Ph.D., says that it's time to "stop beating yourself up and leave insecurity behind." Self-Compassion: Stop Beating Yourself Up and Leave Insecurity Behind offers expert advice on how to limit

self-criticism and offset its negative effects, enabling you to achieve your highest potential and a more contented, fulfilled life. More and more, psychologists are turning away from an emphasis on self-esteem and moving toward self-compassion in the treatment of their patients—and Dr. Neff's extraordinary book offers exercises and action plans for dealing with every emotionally debilitating struggle, be it parenting, weight loss, or any of the numerous trials of everyday living.

wellness works counseling llc: Handbook of Child and Adolescent Anxiety Disorders

Dean McKay, Eric A. Storch, 2011-03-23 Is it school refusal or separation anxiety disorder? Can preschoolers have panic attacks? Does food neophobia really exist? For readers seeking ways to improve assessment, case conceptualization, or treatment plans as well as a more general understanding of anxiety disorders among children, the Handbook of Child and Adolescent Anxiety Disorders addresses these and many other complex issues. A straightforward companion to the diagnostic manuals, this volume crosses theoretical boundaries to describe in depth the wide range of children's anxiety disorders and to explain the developmental nuances that separate them from their adult analogues. Coverage includes: Diagnostic and etiological models of children's anxiety disorders (i.e., genetic, cognitive-behavioral, taxonomic, neuropsychological, dimensional). Differential diagnosis guidelines for generalized anxiety disorder (GAD), phobic conditions, obsessive-compulsive disorder (OCD), and posttraumatic stress disorder (PTSD) in youth. Ancillary factors in child and adolescent anxiety (e.g., personality, temperament, parenting issues, and comorbid conditions). Psychological, pharmacological, and combined treatments for childhood anxiety disorders. Special populations and emerging areas of interest, including anxiety disorders in the contexts of chronic health problems and developmental disabilities. The Handbook of Child and Adolescent Anxiety Disorders is a must-have reference for researchers, clinicians, and graduate students in psychology, psychiatry, social work and counseling as well as allied professionals in hospitals, community mental health centers, schools, and private practice.

wellness works counseling llc: Working Mother, 1998-10 The magazine that helps career moms balance their personal and professional lives.

wellness works counseling llc: The Pancreatic Oath Candace P. Rosen, 2011-08-09 A revolutionary guide to Self-Health! Are you one of millions who fuel the billion dollar diet industry? Diet after diet...you've tried and yet have failed to achieve your long-term goals. You are not alone. The Pancreatic Oath is a revolutionary new book from registered nurse, licensed social worker and certified health counselor Candice Rosen that introduces the cutting-edge Pancreatic Nutritional Program (PNP). Simply, the PNP provides readers with an understanding of how their body processes the food they choose to eat, how it affects their pancreas, and the domino effect that poor choices have on their weight and their health. In this groundbreaking new book you will learn about: Pancreatic abuse-signs and causes The relationship between the pancreas, diabetes and other chronic health issues The ten essentials of the PNP(TM) How to test blood glucose levels and what they mean Sample meal choices and recipes From weight gain to diabetes to heart disease, what you eat and how that food affects the pancreas has a direct effect on your health. It can cause or prevent future disease. It can cause you to gain or lose weight. The Pancreatic Oath peels away the mystery that surrounds the functioning of the often overlooked, but terribly important gland called the pancreas. Live and eat not just for today. Eat for all the tomorrows! Candice Rosen, R.N., B.S., M.S.W., C.H.C. is the Founder, Executive Director and Principal Health Counselor of the Pancreatic Nutritional Program (PNP(TM)). Candice has spent her life's work focused on improving the wellness of both her clients and her community. Her experiences as a clinical therapist and as a nurse give her a unique perspective when it comes to nutrition counseling. As the Chair of Healthcare Initiatives for Chicago's Sister Cities International Program, she works to advocate preventative medicine, improve disability access, promote maternal and infant health, and bring awareness to the global obesity and diabetes epidemics. She and her husband are the parents of four children. Her counseling practice website is located at www.pnprogram.com.

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methods and applications of digital technology in art therapy. It looks thoroughly at the many potential uses and benefits of digital technology in art therapy practice, including the use of stop motion animation and therapeutic light painting photography. A worked example of how digital art therapy can be used in the treatment of traumatic brain injury is also included. The book explores innovative therapeutic uses of digital technologies such as gaming and virtual worlds. Contributions from experienced art therapists address professional and ethical issues, from the sensory qualities of digital media and their effects in practice, to identifying and using developmentally appropriate technologies. As art therapy programs increasingly recognize the importance of using digital media, this cutting-edge guide provides all the necessary knowledge to incorporate this emerging field into practice.

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wellness works counseling llc: The Texas Model for Comprehensive School Counseling Programs, 2018-02-15 The Texas Model for Comprehensive School Counseling Programs is a resource to develop effective and high quality comprehensive school counseling programs that align with Texas statutes and rules governing the work of school counselors. It outlines a process for tailoring school counseling programs to meet the varying needs of students across an array of school districts through implementation of the four components of school counseling programs, Guidance Curriculum, Responsive Services, Individual Planning, and System Support. With this resource, a school counselor will learn to use campus-specific data to identify the unique needs of a campus and design a comprehensive school counseling program to meet those needs. Recognizing the important roles of the entire educational community, the Texas Model for Comprehensive School Counseling Programs provides examples of how parents, teachers, administrators, principals and school counselors can best contribute to implementation of each of the four components of comprehensive school counseling programs. It provides a developmental framework for a school counseling program curriculum that includes activities at each grade level to enhance students' educational, career, personal and social development.

wellness works counseling llc: Health and Wellness Tourism Melanie K. Smith, László Puczkó, 2009 Health and Wellness Tourism takes an innovative look at this rapidly growing sector of today's thriving tourism industry. This book examines the range of motivations that drive this diverse sector of tourists, the products that are being developed to meet their needs and the management implications of these developments. A wide range of international case studies illustrate the multiple aspects of the industry and new and emerging trends including spas, medical wellness, life-coaching, meditation, festivals, pilgrimage and yoga retreats. The authors also evaluate marketing and promotional strategies and assess operational and management issues in the context of health and wellness tourism. This text includes a number of features to reinforce theory for advanced students of hospitality, leisure and tourism and related disciplines.

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multigenre writing, incorporating authors' personal and professional stories along with academic theories. It combines the fields of education and medicine, presenting innovative approaches to health education and designing new approaches to healing. This research publication will impact the field of health education and be of use to educators, researchers, practitioners, professionals, and patients.

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wellness works counseling llc: *Social Justice in Dance/Movement Therapy* Laura Downey, Susan Kierr, 2022-12-18 This book demonstrates the use of dance/movement therapy to directly counteract social injustices and promote healing in international settings. It also demonstrates the potential for dance/movement therapy in prevention and wellness in clinical and community settings. The use of improvisational and creative dance is presented throughout the book as a tremendously clear, strong and powerful inroad to healing in every setting. The chapters in this book do not directly address social justice in dance/movement therapy, but rather provide provoking social justice related positions. This call for a provoking re-examination of the definition of dance/movement therapy is fitting as we—as a community—challenge our identity as dance/movement therapists, educators, supervisors and as human beings who have internalized oppression in various forms through our many identifiers and the unique intersections of those identifiers. The editors and authors posit that social justice cannot be fully addressed by focusing solely on the social issues. Rather, we must be aware of where and how the social issues come into the individual(s), the setting, and the therapy process itself. Chapter "'Breaking Free': One Adolescent Woman's Recovery from Dating Violence Through Creative Dance" is available open access under a Creative Commons Attribution 4.0 International license via link.springer.com.

wellness works counseling llc: *Therapist's Guide to Positive Psychological Interventions* Jeana L. Magyar-Moe, 2009-07-30 Positive psychology - essentially the scientific study of the strengths that enable individuals and communities to thrive - is a relatively new discipline that has experienced substantial growth in the last 5-10 years. Research suggests that the principles and theories from this area of study are highly relevant to the practice of counseling and psychotherapy, and positive psychology presents clinicians and patients with a much needed balance to the more traditional focus on pathology and the disease model of mental health. This book provides a comprehensive introduction to the best-researched positive psychological interventions. It emphasizes clinical application, providing a detailed view of how the research can be applied to patients. Covering the broaden-and-build theory, strengths-based therapy, mentoring modalities and more, the volume will provide numerous assessment tools, exercises and worksheets for use throughout the counseling and psychotherapy process. - Summarizes the applications of research from positive psychology to the practice of counseling and psychotherapy - Provides clinician a variety of assessments, worksheets, handouts, and take home and in-session exercises to utilize in the process of conducting therapy from a positive psychological perspective - Provides general treatment planning guidelines for the appropriate use of such assessments, worksheets, handouts, and exercises - Bibliography of positive psychology references to compliment the information provided in this book

wellness works counseling llc: *Thrive* Arianna Huffington, 2014-03-25 In *Thrive*, Arianna Huffington makes an impassioned and compelling case for the need to redefine what it means to be successful in today's world. Arianna Huffington's personal wake-up call came in the form of a broken cheekbone and a nasty gash over her eye--the result of a fall brought on by exhaustion and lack of sleep. As the cofounder and editor-in-chief of the Huffington Post Media Group--one of the fastest growing media companies in the world--celebrated as one of the world's most influential women, and

gracing the covers of magazines, she was, by any traditional measure, extraordinarily successful. Yet as she found herself going from brain MRI to CAT scan to echocardiogram, to find out if there was any underlying medical problem beyond exhaustion, she wondered is this really what success feels like? As more and more people are coming to realize, there is far more to living a truly successful life than just earning a bigger salary and capturing a corner office. Our relentless pursuit of the two traditional metrics of success--money and power--has led to an epidemic of burnout and stress-related illnesses, and an erosion in the quality of our relationships, family life, and, ironically, our careers. In being connected to the world 24/7, we're losing our connection to what truly matters. Our current definition of success is, as Thrive shows, literally killing us. We need a new way forward. In a commencement address Arianna gave at Smith College in the spring of 2013, she likened our drive for money and power to two legs of a three-legged stool. They may hold us up temporarily, but sooner or later we're going to topple over. We need a third leg--a third metric for defining success--to truly thrive. That third metric, she writes in Thrive, includes our well-being, our ability to draw on our intuition and inner wisdom, our sense of wonder, and our capacity for compassion and giving. As Arianna points out, our eulogies celebrate our lives very differently from the way society defines success. They don't commemorate our long hours in the office, our promotions, or our sterling PowerPoint presentations as we relentlessly raced to climb up the career ladder. They are not about our resumes--they are about cherished memories, shared adventures, small kindnesses and acts of generosity, lifelong passions, and the things that made us laugh. In this deeply personal book, Arianna talks candidly about her own challenges with managing time and prioritizing the demands of a career and raising two daughters--of juggling business deadlines and family crises, a harried dance that led to her collapse and to her aha moment. Drawing on the latest groundbreaking research and scientific findings in the fields of psychology, sports, sleep, and physiology that show the profound and transformative effects of meditation, mindfulness, unplugging, and giving, Arianna shows us the way to a revolution in our culture, our thinking, our workplace, and our lives.

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