



CENTER FOR INTEGRATED WELL-BEING, INC.

WELCOME TO THE PRIVATE PRACTICE OF JEFFRY JEANETTA-WARK, M.A., LICSW

Jeffry is the founder and Clinical Director of the Center for Integrated Well-Being, Inc. (CIWB), a holistic psychotherapy practice in Roseville, MN. He is a senior level social worker, a holistic psychotherapist and educator with more than 25 years of experience. Through best theories and strategies in mental healthcare, Jeffry has developed skillsets founded on approaches supporting mind, body, spirit and emotions. With these approaches, he artfully crafts holistic therapeutic interventions to assist clients in meeting their goals while honoring their strengths, fostering insights, and educating with perspectives and skills that can last a lifetime.

Jeffry is an Approved Supervisor of both the Minnesota Board of Behavioral Health and Therapy and the Minnesota Board of Social Work. Additionally, he is a member of the following organizations: The Minnesota Society for Clinical Social Work, the Society for the Psychological Study of Men and Masculinity through the American Psychological Association (Division 51), the American Men's Studies Association, and the Association for Comprehensive Energy Psychology (ACEP).

Jeffry advocates that, with ourselves and with others, we must be aware, accountable, and ever courageous about examining blockages to transformation, and about taking bold steps to living a life with deeper authenticity. By removing blockages, embracing and building excellent skills, and using them effectively, we move closer to a balance with the state of Thrivalism that is our natural birthright as humans.

PSYCHOTHERAPY CLIENTS SERVED

Male and Female Adults (individually, and as couples), adolescents.

INSURANCE PROVIDERS WITH WHOM JEFFRY IS IN NETWORK & OTHER FORMS OF PAYMENT

BCBS
Medica (pending)
Optum
Preferred One
Sand Creek Group, Inc. (EAP)

HSA accounts (Health Savings)
Credit Cards
Cash
Checks

SOME APPROACHES AND TECHNIQUES JEFFRY USES

AIRDI: Advanced Integrative Resource Development and Installation

Hypnotherapy and Self- Hypnosis Education

Applied Kinesiology (muscle testing)

Internal Parts Work

Brainspotting

IP: Integrated Psychotherapy

Body- Centered Approaches

MBSR: Mindfulness Based Stress Reduction

Cognitive Behavioral Therapy

Psycho- Spiritual Approaches

EFT: Emotional Freedom Technique

Systemically-Oriented Therapy

EMDR: Eye Movement, Desensitization and Reprocessing

TAT: Tapas Acupressure Technique

EP: Energy Psychology

TFT: Thought Field Therapy

SOME OF JEFFRY'S WORKSHOP PRESENTATIONS INCLUDE:

Mastering the Use of Self-Hypnosis: Applications for School, Workplace, Health/ Healing, Leisure/ Sports, and Relationships.

The Last Stress Management Class You Will Ever Need

Eastern Wisdom- Western Technology: Clinical Applications of Energy Psychology

Helping Clients with Unconsciously-Held Negative Core Beliefs Through Integrative Psychotherapy

Integrative Psychotherapy: The Art of Human Alchemy

Clinical Applications and Training in ARDI (Advanced Imagery Resource Development and Installation)

Enhancing Clinical Mastery in Working with Adolescent and Adult Males

Thrivalism Seminars: Learning to Potently Awaken the Soul, Nourish Body, Align with the Heart, and Stimulate the Mind

TESTIMONIALS

I felt safe and I liked the meditation time. I was able to really get into my head and body. I learned about a lot of tools from Jeffry that I can use for honoring myself. I always left wanting more, the time flew by each time we met. —*Jeannie*

These seminars were very well thought out. They opened my mind to embrace other ideas and perspectives from the group. Writing quickly sparked words that flowered with “little thinking.” So I felt what I wrote was authentic. —*Jerry*

I am grateful to you for this workshop series. I loved this experience, you are a beautiful, wise, generous and kind soul – a true gift, and your gifts have been very much enjoyed here and appreciated by me and others. I feel... no I know I started something here this week that I really want to continue. A fabulous range of material, references, to do's, experiences, exercises. I love the combination / marriage / relationship of mind/ body/ spirit / emotions, and health/wellness/spirituality that you lead us in. —*Darcy*