

INTUITION WELLNESS



LEARN. GROW. THRIVE.

Intuition Wellness Center offers a safe, accepting and relaxing place where healing and wellbeing are considered a collaborative effort between children, young adults, families and their providers. Desires to learn, grow and thrive are innate in all of us. Intuition Wellness Center's team will help you and your family in your pursuit of health and wellness.

MISSION STATEMENT

Intuition Wellness Center is the leading provider of integrated behavioral health services and wellness programs that inspire children, young adults and families to live in health and joy.

THE VISION

Intuition Wellness Center is redefining pediatric wellness in Southern Arizona with a vision that: All children, young adults and families will experience hope, acceptance and joy.

CLINICAL SERVICES

- Counseling
- Evaluations
- Psychiatric Treatment
- Animal-Assisted Therapy
- Play Therapy

WELLNESS PROGRAMMING

- Mindfulness Meditation
- Parent Education
- Taekwondo Wellness
- Therapeutic Yoga

TRAINING & CONSULTATION

- Supervision: Associate Level Clinicians
- Externship Practicum Program
- Professional Consultation

520-333-3320



CLINICAL SERVICES



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Intuition Wellness Center's clinical team is comprised of pediatric experts who provide integrated behavioral health services for children, young adults, and families through tailored, evidence-based treatment that addresses the whole person.

COUNSELING SERVICES

Therapists at Intuition Wellness Center offer services in a safe, private setting using a variety of approaches informed by evidence and designed specifically for each unique family.

EVALUATIONS

Intuition Wellness offers several types of evaluation services for children, adolescents and young adults with a focus on offering individualized recommendations to parents, teachers and other providers.

PSYCHIATRIC TREATMENT

Intuition Wellness Center's psychiatric provider prescribes psychotropic medication and makes recommendations to address the whole body, as well as offering counseling services to

children, adolescents, and young adults. Intuition Wellness Center's psychiatric provider is holistic and collaborative in their approach.

ANIMAL-ASSISTED THERAPY

Animal-assisted therapy services help to promote a sense of emotional safety, while encouraging communication and focus through incorporating animals into treatment. Intuition Wellness Center's team therapy dog supports children and young adults in reaching social, emotional, and behavioral goals.

PLAY THERAPY

Children often use play and not words as a means of communicating. Intuition Wellness therapists incorporate play into treatment to foster resilience, confidence, relationships and healthy development.

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WELLNESS PROGRAMS



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Intuition Wellness Center provides a variety of educational and wellness programs led by pediatric experts that inspire children, teens, young adults and families to maintain healthy and joyful lives.

MINDFULNESS MEDITATION

Mindfulness meditation focuses awareness on present experience by noticing, attending to, and observing thoughts and feelings in a nonjudgmental way. Meditation is offered through drop-in classes, as well as integrated into some clinical services.

PARENT EDUCATION

Caregivers play a vital role in their child's social, emotional, and cognitive development. Intuition Wellness offers several parent education and support groups designed to enhance caregiver confidence as well as knowledge on a variety of topics, including discipline, child development and communication.

TAEKWONDO WELLNESS

Taekwondo Wellness classes are more than just an extracurricular activity or sport. They are exercise and wellness classes aimed at improving mental, social, and physical health of children, adolescents, and adults. Individual Taekwondo therapy sessions are also available and may be billable to insurance.

THERAPEUTIC YOGA

Intuition Wellness Center offers Therapeutic Yoga group classes crafted for children, adolescents, and young adults wanting to learn alternative methods of alleviating anxiety, depression and anger. Personalized individual Yoga sessions are also available in conjunction with traditional counseling, or as a stand-alone therapeutic approach and may be billable to insurance.

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TRAINING & CONSULTATION



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Intuition Wellness Center is redefining pediatric wellness in Southern Arizona. The Intuition Wellness team is committed to expanding the quality and accessibility of developmentally-sensitive pediatric services.

SUPERVISION: ASSOCIATE-LEVEL CLINICIANS

Intuition Wellness supervisors have completed the Arizona State Board of Behavioral Health Examiners supervision requirements and provide clinical supervision to associate level clinicians (LMSW, LAC, LAMFT) specializing in children and families, who are seeking independent clinical licensure.

EXTERNSHIP PRACTICUM PROGRAM

Intuition Wellness Center is a training site for clinical and school psychology doctoral students with the primary goal of preparing future professionals to work competently and compassionately with children, adolescents, and families using individualized approaches informed by research.

PROFESSIONAL EDUCATION

Intuition Wellness Center is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. Workshops sponsored by Intuition Wellness focus on child and family practice, including ethics, cultural competency, and other specialized topics.

PROFESSIONAL CONSULTATION

Intuition Wellness provides ongoing clinical consultation for licensed mental health professionals specializing in children and families, business consultation for professionals ready to take their business to the next level and organizational consultation for those seeking guidance in creating mental health education programming and whole body wellness programs.

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