

## **Intuition Wellness Center: A Brief History**

- Clinical psychologists, Brandy Baker, Psy.D., and Yoendry Torres, Psy.D., founded Intuition Wellness Center, PLLC (IWC) in 2013. Counseling and consultation services were provided to youth, families and adults in a rented office space a few days each week.
- By May 2014 the practice expanded to a quaint three-office suite in Casas Adobes Professional Plaza.
- The co-founders and two recently hired clinicians conduct the first annual “Visioning Day” to strategically plan future focus, services and growth in early Summer 2015.
- IWC relocated to a more spacious location at 5675 N. Oracle in Spring 2016 to accommodate the increasing demand for integrated clinical services, and to launch wellness programming and professional training, supervision and consultation opportunities to improve community accessibility to quality behavioral health services in Southern Arizona.
- In May 2016 Taekwondo Wellness and Therapeutic Art and Yoga are introduced as an alternative stand-alone therapeutic approach and/or in conjunction with traditional counseling.
- The American Psychological Association approves IWC in May 2016 to sponsor continuing education training to offer psychologists and other behavioral health providers youth and family-focused professional trainings.
- IWC commits to specialization in child, adolescent, young adults to age 30 and family clinical services and programs and to provide training and consultation to professionals who serve this population in July 2016.
- Intuition Wellness Center welcomes two externs, each psychology doctoral candidates, in August 2016 to initiate a comprehensive and structured externship in partnership with The University of Arizona School Psychologist Ph.D. and Clinical Psychology Ph.D. programs, as well as the Argosy University Clinical Psychology Psy.D. program.
- To meet community need, psychological evaluations and assessments are offered in April 2017 to expand on-site and off-site integrated services, and include: ADHD testing, Annual Wellness Screening, Diagnostic Evaluation, Parent-Child Relationship Assessment and School Success Consultation.
- To increase community accessibility, reducing financial barriers to quality wellness programming, IWC formally “kicks off” its first inclusive Wellness Program in May 2017– Taekwondo Wellness classes for children, adolescents and young adults – that merges two arts: Taekwondo and psychology. Classes are open to students with or without a mental health diagnosis.
- By October 2017 the Intuition Wellness team consists of nine clinicians, including Pet Partners certified animal-assisted therapy dog “Luco,” a registered yoga teacher and two administrative staff. Inclusive Yoga classes are unveiled for ages four – 30, which are a fun yet structured introduction to yoga and mindfulness for those with special needs associated with anxiety, depression, ADHD and autism.
- Since inception IWC has served over 1000 children, teens, young adults and parents as the leading provider of integrated behavioral health services and wellness programming that inspire health and joy. IWC continues to offer training, consultation and supervisory opportunities to countless professionals throughout Southern Arizona.