

INTUITION WELLNESS CENTER



LEARN. GROW. THRIVE.

Intuition Wellness Center offers a safe, accepting and nurturing 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 assists you and your family in your pursuit of health and wellness.

MISSION STATEMENT

To inspire health and joy in children, young adults and families.

VISION

All children, young adults and families will experience hope, acceptance and joy.

VALUES

- Authenticity
- Collaboration
- Creativity
- Learning

CLINICAL SERVICES

- Counseling
- Evaluations
- Pediatric Occupational Therapy
- Animal-Assisted Therapy
- Play Therapy
- Therapeutic Taekwondo
- Therapeutic Yoga

WELLNESS PROGRAMS

- Parent Education
- Taekwondo Classes
- Yoga Classes

TRAINING & CONSULTATION

- Supervision of Clinical Professionals
- Graduate Student Training
- Continuing Education
- Professional Consultation

520-333-3320



CLINICAL SERVICES



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Intuition Wellness Center's team of child and family experts provides clinical health services to children, young adults, and families through tailored, evidence-based treatment that addresses the whole person.

COUNSELING SERVICES

Therapists offer services to children, adolescents, and young adults (birth - 30) in a safe, nurturing setting using multiple therapeutic approaches designed specifically for each unique family.

EVALUATIONS

Intuition Wellness offers a number of evaluation services, including psychological testing and parent-child assessments. Formal assessments focus on recommendations to parents, teachers, and other providers.

PEDIATRIC OCCUPATIONAL THERAPY

Intuition Wellness Center provides specialized treatment for children experiencing developmental delays, visual motor deficits, fine and gross motor coordination deficits,

handwriting difficulties, sensory processing disorders, Autism, and ADHD.

PLAY THERAPY

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

ANIMAL-ASSISTED THERAPY

Animal-assisted therapy services promote a sense of emotional safety, while encouraging communication, focus, and emotional regulation. The team therapy dog supports children and young adults in reaching social, emotional, and behavioral goals.

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EARLY INTERVENTION SERVICES

BIRTH - FIVE YEARS



THE CRITICAL YEARS

Intuition Wellness Center's early intervention child and family specialists focus on helping infants, toddlers, and pre-schoolers gain basic and new skills during birth - five years. Early identification and intervention for families with children who may have developmental delays, special needs, behavioral concerns, and family conflict improves and enhances the development of a child for future success. Early intervention, when learning and development are at their peak, also sets up the whole family for best outcomes.



COUNSELING SERVICES

Child and family therapists offer a variety of evidence-based therapeutic treatments that are tailored to address the whole child and family, including:

- play therapy
- child-parent relationship
- parent support and education

PEDIATRIC OCCUPATIONAL THERAPY

Intuition Wellness offers treatment for children experiencing developmental delays, visual motor deficits, fine and gross motor coordination deficits, handwriting difficulties, and sensory processing disorders.

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WELLNESS PROGRAMS



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Intuition Wellness Center's child and family experts provide a variety of educational and wellness programs that inspire children, teens, young adults, and families to maintain healthy and joyful lives.

PARENT EDUCATION

Caregivers play a vital role in their child's social, emotional, and cognitive development. Intuition Wellness Center offers monthly parent education seminars designed to enhance caregiver confidence and to create a supportive parent community. During these seminars, experts discuss a variety of topics, including discipline and limit-setting, child development, creating healthy routines, and family communication.

The Intuition Wellness team is dedicated to redefining child and family wellness in Southern Arizona.

TAEKWONDO

Intuition Wellness Center hosts the Taekwondo Wellness program. Group classes are more than just an extracurricular activity or sport. They are exercise and wellness classes that also target the social and emotional health of children and teens.

YOGA

Intuition Wellness Center offers yoga classes crafted for children, adolescents, young adults, parents, and the entire family. Classes focus on numerous topics, including self care, stress, setting healthy boundaries, depression, and parenting. Yoga instructors often integrate art, journaling, and other forms of expression.

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TRAINING & CONSULTATION



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Intuition Wellness Center is redefining child and family wellbeing in Southern Arizona. The Intuition Wellness team is committed to improving the quality and accessibility of pediatric services.

SUPERVISION: CLINICAL PROFESSIONALS

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

GRADUATE STUDENT TRAINING

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.

CONTINUING EDUCATION

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

PROFESSIONAL CONSULTATION

Intuition Wellness provides consultation tailored for pediatric providers, including teachers and licensed mental health professionals. Organizational consultation is also available for those seeking guidance in offering emotionally and developmentally-attuned pediatric programming.

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