

Intuition Wellness Center: A Brief History

- *Clinical psychologists, Brandy Baker, Psy.D., and Yoendry Torres, Psy.D., founded Intuition Wellness Center, PLLC in 2013. Counseling and consultation services were provided to youth, families and adults in a shared office space in Northwest Tucson 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 conducted the first annual "Visioning Day" to strategically plan future focus, services and growth in early Summer 2015.*
- *With a desire to improve accessibility and quality of services in Southern Arizona, Intuition Wellness relocated to a more spacious location in Spring 2016. This allowed the team to accommodate the increasing demand for clinical services, and to launch wellness programming and professional training, supervision and consultation opportunities.*
- *In May 2016 Taekwondo Wellness and Therapeutic Art and Yoga were introduced as an alternative stand-alone therapeutic approach and/or in conjunction with traditional counseling.*
- *The American Psychological Association approved Intuition Wellness in May 2016 to sponsor continuing education training to offer psychologists and other behavioral health providers youth and family-focused professional trainings.*
- *Intuition Wellness committed 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 welcomed two externs pursuing their doctorates in psychology in August 2016 to initiate a comprehensive and structured externship in partnership with The University of Arizona's School Psychology and Clinical Psychology Ph.D. programs.*
- *To meet community need, Intuition Wellness began offering psychological evaluations and assessments to children and young adults in April 2017.*
- *Intuition Wellness formally launched its first inclusive Wellness Program in May 2017- Taekwondo Wellness classes for children, adolescents and young adults - that merged two arts: Taekwondo and psychology. Classes are open to students with or without a mental health diagnosis.*
- *By October 2017 the Intuition Wellness team consisted of nine team members, including 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.*
- *Intuition Wellness appointed its first Wellness Director in early 2018 to create and to implement community wellness programs. Programs included: A monthly parent education discussion that offers parenting tips,*

strategies and support; a special Nurtured Mothering Series, combining art, journaling and yoga; Family Yoga; and teen groups.

- *In 2018, the Intuition Wellness team grew to 14 members to provide pediatric occupational services to children birth - 12.*
- *In early 2019, Intuition Wellness began offering additional counseling services for children, birth - five, and their families.*
- *Expanded partnerships with local school districts and a strengthened partnership with U of A allows Intuition Wellness to participate in a training consortium that includes a national match for advanced PhD and PsyD students pursuing licensure as psychologists.*
- *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.*