

INTUITION WELLNESS CENTER



LEARN. GROW. THRIVE.

Intuition Wellness Center offers a safe, accepting, and nurturing environment 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. The Intuition Wellness team of child and family specialists takes a multi-disciplinary, holistic approach to assist in your child's and family's 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

CHILD & FAMILY SERVICES

- Counseling
- Evaluations
- Pediatric Occupational Therapy
- Naturopathic Family Medicine
- Animal-Assisted Therapy
- Play Therapy
- Therapeutic Taekwondo
- Yoga Classes
- Parent Education & Coaching

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 multi-disciplinary health and wellness services to children, young adults, and families through tailored, evidence-based treatment that address the whole person.

COUNSELING SERVICES

Therapists offer services to clients ages birth - 25 in a safe, nurturing setting using multiple therapeutic approaches designed specifically for each unique child and family.

EVALUATIONS

Intuition Wellness offers a number of evaluation services, including psychological testing, occupational assessments 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 or motor coordination deficits, handwriting difficulties, sensory sensitivities, Autism, and ADHD.

NATUROPATHIC FAMILY MEDICINE

Naturopathic physicians use gentle techniques to support the body's natural healing capacity. Nutritional counseling, botanical medicine, homeopathy, natural supplements, and, in some cases, pharmaceutical medicine help children and their families reach optimal health. Intuition Wellness Center offers well baby/child checkups, sick visits, sports physicals and more.

PLAY/ANIMAL-ASSISTED THERAPY

Team members incorporate play and the team therapy dog into treatment to foster emotional expression and regulation, confidence, and healthy social, emotional, behavioral and physical development.

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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 preschoolers achieve optimal health and development. Early identification and intervention for families with children who may have developmental delays, behavioral or physical concerns, or family conflict 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 each unique child and family. Models of treatment include: play therapy; child-parent relationship approaches; and parent coaching and education.

PEDIATRIC OCCUPATIONAL THERAPY

Intuition Wellness provides treatment for children experiencing developmental delays, visual motor or coordination deficits, as well as sensory processing difficulties. A pediatric occupational therapist can support the child and their family in the early years – when learning and physical development are at a peak.

NATUROPATHIC FAMILY MEDICINE

Intuition Wellness offers medical services that support the body's natural processes. Intuition Wellness Center's naturopathic services values a holistic and attentive approach that honors the rapid body and brain development occurring at this critical age. Naturopathic physicians counsel on healthy feeding, sleep habits and physical activity, in addition to offering natural remedies, routine care and preventive services.

A MULTI-DISCIPLINARY APPROACH

Intuition Wellness Center's team of child and family experts collaborate on a regular basis to offer your unique child and family a strong foundation for a healthy and joyful life.

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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, 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.

GROUP SERIES

Intuition Wellness provides a variety of programs for children, teens and parents. Classes are offered as a four-to-six week series and focus on a specific topic. These classes often encourage creative expression.

YOGA

Intuition Wellness Center offers yoga classes crafted for children, teens, parents, and the entire family. Classes often address specific topics such as stress, setting healthy boundaries, and parenting, and also offer a supportive environment. Yoga instructors often integrate art, journaling, and other forms of expression.

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

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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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