
James West ~ Biographical Information



Jim's purpose is to help families and individuals experience the "Total Life." He is president of Total Life Counseling Center, a Nationally Certified Counselor, School Consultant and Professional Communicator specializing in ADHD and Oppositional Defiance Disorder. His Total Life approach accelerates the therapeutic & healing process by relating to children, adolescents and adults and incorporating wellness. Jim's clients drive from all over the state of Florida, from Georgia and the Bahamas as he has been able to treat clients with ADHD, Anxiety, Mood Disorders, Depression and more with FDA approved supplements and Dietary Modifications. Since 2003 85% of his clients have not needed medication or used less medication than when they first came to Total Life Counseling Center.

Nationally Certified Counselor: Jim has 14 years of clinical experience and is licensed by the state of Florida as a Mental health Counselor. Jim has a unique way of bonding with children and adolescents through play therapy, Power Point presentations, interactive games, recreation therapy and staying current with the constantly changing world of the adolescent. He managed the Behavioral Health Network (BNET) for Polk, Highlands and Hardee County until November 2003. BNET is a state funded Title XXI program for kids requiring intensive therapeutic services beyond the scope of traditional outpatient therapies and has been quite successful at keeping most of those enrolled out of residential or inpatient programs. He has been with Total Life Counseling Center since 1998 and now president/owner. Since 2003 Total Life Counseling has expanded its staff and now has 3 offices including Metro West, Winter Park and Clermont. Additionally, Jim has always thought of creative treatment approaches to reach those who might not respond to traditional therapies.

School Consultant: He is asked to help public and private schools to assist in improving communication skills, character development, accommodations, school improvement, school retention and implements bullying programs in schools across the state of Florida. Schools using his approach often experience a 50% drop in discipline programs. Some schools include: Lake Highland Prep, Ocoee Elementary, First Academy, Foundation Academy, Orangewood, St. Pete Christian School, & more. Jim has been invited to speak for private school accreditation boards over the past 6 years including ACSI & FACCS. Jim provides retreats for schools as well to help students resolve conflicts and repair past hurts.

Professional Keynote Communicator: Jim is asked to speak internationally at organizations, churches and school assemblies on various topics including Positive Socialization, Team Building, Stress Management, Anger Management, Oppositional Defiance, Diffusing Students or Parents, etc. Jim is asked to train or speak at various for professional state, national and international organizations such as ACSI, FACCS, SSWAA, CFAMFT & CSPBC. He was invited to speak to all of the guidance counselors for Seminole County and well as the Annual West Orange Area Leadership Convention for Orange County Schools. He has spoken to thousands of teachers over the years and influenced private schools to provide special programs for students with learning disabilities, and accommodations for ADHD. Jim speaks at state and international conventions and his talks are often the top requested.

Social Skills: He has ongoing weekly Social Skills Groups for students 6-16 years of age and also has Leadership Social Skills Day Camps and Summer Camps at Camp Wewa's Ropes course in Apopka. Recently, Jim added Equine Facilitated Camps for Social Skills and mental health issues. Summer Camps since 2004 incorporating a Challenge Ropes Course and Equestrian program has helped students mature significantly, socially and emotionally, increase confidence, become calmer, more compliant, improved leadership skills, and a more positive influence on their peers.

Community: Jim has had 2 Smoke Free/Drug Free/Alcohol Free teen comedy clubs (Sunday Night Live & Standing Room Only) as well as a clean Dance club (Club 77) where people drove for a 90 mile radius. He has been working with a consultant for Rock the Universe over the past 2 years to do something similar in the Orlando area. Stay Tuned. These programs have built incredible self-confidence and developed talents and leadership skills for many teens. Jim has kept in touch with some of the teens that were involved in these programs and most are now adults involved in their community mentoring adolescents in some way.

Author: Jim has had several skits & sketches as well as character's developed in sketches that have been published and performed across the U.S. He also has workbooks on Anger Management, ADHD, & Bullying programs as well as DVD's on Building Positive Peer Pressure, Getting in the Head of an ADHD Student, Diffusing Parents in the Schools or Community & The No No's of Oppositional Defiance Disorder. Most of his seminars are downloads as audio or video and also sold as Power Point files as well.

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