

Jim West

Connects quickly with students: Everyone knows someone struggling with attention problems, oppositional students or trouble managing their anger. As president of Total Life Counseling Center, Jim's purpose is to help families and individuals experience the "Total Life." Jim is an author 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 travel from North and South Florida, Georgia, Bahamas, Cayman Islands as he successfully treats clients with ADHD, Anxiety, Mood Disorders, Depression and more with FDA approved supplements and Dietary Modifications. **Since 2003, most of his clients have not needed medication or used less medication with Jim's services!**



Nationally Certified Counselor: Jim's clinical experience started in 1994 and is licensed by the state of Florida as a Mental Health Counselor. Jim has a unique way of bonding with clients through common interests, 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.

Professional Communicator: He is asked to speak at organizations, churches and school assemblies on various topics including Positive Socialization, Team Building, Stress Management, Anger Management, Defusing 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 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. **Interested in inviting Jim to speak at your Business, School or Function?**



School Consultant & Student Advocate: 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 country. Schools using his positive approach often experience a 50% drop in bullying issues. Some schools include: Lake Highland Prep, Ocoee Elementary, First Academy, Foundation Academy, Orangewood, Colonial High School, San Marino California, & more. Jim has been invited to speak for private school accreditation boards, & school social worker associations. Jim's team building retreats provide assistance to help students resolve conflicts and repair past hurts!

Social Skills Expert: Jim's weekly Social Skills Groups for students and adults 6-29 years of age and also has **Leadership Social Skills Day & Summer Camps** utilizing experiential adventure based approaches: **Ropes Courses, Dance, & Horses**. Recently, Summer Camps incorporate a Challenge Ropes Course and Equestrian program has helped participants mature significantly, socially and emotionally, increase confidence, become calmer, more compliant, improved leadership skills, and a more positive influence on their peers.



Local and National TV & Radio: Jim is a children, adolescent, college student & family expert and is called on by the Media to provide advice on local & national TV & Radio including the ABC, Daily Buzz, Fox 35, CFN13, NBC, 810am & more.



StressLess Educational Series Author: The StressLess Series includes DVD's Audio/Video Downloads with workbooks including StressLess with Anger Management, ADHD, Bullying, Conflict Resolution, Defiant Children & Teens and more. Jim's StressLess with Defiance and ADHD program has been downloaded all over the world including **New Zealand, England, Australia** and more!



TotalLifeCounseling.com



StressLessSeries.com



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AS SEEN ON TV