

5 CONVENIENT LOCATIONS

### Main Office



### Metro West

1507 South Hiwassee Road, Suite 101  
Orlando, Florida 32835

### Satellite Offices

#### East Orlando

13013 Founders Square  
Orlando, FL 32828

#### Lake Mary

1325 S International Pkwy  
#2221, Lake Mary, FL 32746

#### Clermont

1635 East Hwy 50 Suite 211  
Clermont, FL 34711

#### Winter Park

1950 Lee Road #115,  
Winter Park, FL 32789

SCHEDULE AN APPOINTMENT  
OR BOOK A SEMINAR

**(407) 248-0030**

info@totallifecounseling.com



totallifecounseling.com



THE TOTAL DIFFERENCE

### Exceptional Holistic Care

At TLC we take the guesswork out of finding the best counselors, and psychologists. We also coordinate with the best MD's, Psychologists, Developmental Pediatricians, Nature-paths, Attorney and Psychiatrists, etc. We excel with helping clients without medication, but also refer to the best psychiatrists when needed. With our team approach we can handle most mental health issues.

### A Balanced Approach

Our balanced approach is creative and holistic, incorporating more than traditional therapeutic techniques. TLC integrates various therapies: recreational, adventure based, art, talk, coaching, mentoring, and monthly seminars for couples, anger management, parenting, and more!

### Dynamic Speakers

The media and many professional organizations, business alliances, civic organizations, churches, and schools call on TLC for a variety of topics: Marriage, Stress Management, Grief Recovery, Parenting, Consent, Domestic Violence, Healthy vs. Unhealthy, Surviving your Teenagers, ADHD, Divorce Support, Bullying, Defiance, Women's Issues and more.

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*Relationships*

*Family*

*Children*

*Teenagers*

*Adults*

*Addictions*

*Social Skills*



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LICENSED COUNSELORS  
& THERAPISTS

## Meet Our Team of Certified & Experienced Professionals



Total Life Counseling Center consists of Licensed Counselors, Masters Level Therapists, Espanol Counselors, Mental Toughness Counselors, Business Coaches, Image Enhancement Coaches who provide counseling for emotional, mental, physical and spiritual care including marriage, individual, family, substance abuse and more. Our Counselors are Experts for National and Local TV, Radio and Print Media and we have an excellent reputation amongst graduate & private schools, attorneys, doctors, therapists, providers and corporations.



[totallifecounseling.com](http://totallifecounseling.com)



**JIM WEST**  
MA, LMHC, NCC

ADHD, Autism, Oppositional Defiant, Social Skills Groups, Adventure Based Camps, Child/Teen/Young Adult, Career Coaching, Alternatives to Meds, Sports Psychology



**DANA WEST**  
MSW, LCSW

Sexual Abuse, Substance Abuse & Addiction, Trauma or PTSD, Grief & Loss, Couples/Gottman, Depression/Anxiety, Women's Issues



**DR. MARILYN CARD**  
PHD, LMHC, SCHOOL PSYCH

Psychological Evaluation Testing, ADHD/ADD, Depression, ODD, Addictions, Anxiety



**JAMIE BARRETT**  
LMHC, RPT-S

Autism/Aspergers, Rapid Resolution Trauma Therapy, ADHD/ADD/ODD, Anxiety, Hypnotherapy, Borderline & Bipolar, Play Therapy, Couples Counseling, EFT, Energy Psychology



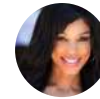
**STEPHANIE BOOTH**  
MS, LMHC

Women's Issues, Anxiety, Depression, Self-Esteem, Career, Couples/Gottman, Anger Management



**ANNA VITA**  
MS, RMHI

Trilingual, EFT Tapping, Self-Identity, Anxiety, Complex Trauma, Attachment Disorders, DBT, Mindfulness EMDR



**DR. JADA JACKSON**  
ED.D, LMHC, NCC

Body Image, Teen Issues, Sexual Abuse, Women's Issues, Couples, Pre-Marital, Eating Disorder, Self Esteem, Depression, Sports Psychology, Image Enhancement



**MATTHEW MARTIN**  
MS, LMHC

Couples/Gottman Techniques, ADHD/ADD/ODD, Parenting/Fathering, Anger Management, Anxiety, Career Coaching, Depression, Sports Psychology



**JESSEE EWING**  
MS, LMHC

EMDR Trauma Counseling, Depression, Anxiety, Self-Esteem, Men's Issues, Life Transitions



**LYRIS STEUBER**  
MS, LMFT

ADHD/ADD, Play Therapy, Relationships, Trauma, CBT, Divorce for Kids, Life Transitions, Couples, Women's Issues, EFT, Anxiety



**SHERECKA SMITH**  
MS, RMHI

ADHD, Adjustment Disorder, Anxiety, Children/Teens, ODD, Play Therapy, Couples Counseling

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OUR SERVICES

## Seminars & Training

- Corporate & Professional Athlete Trainings
- Marriage Seminars
- Team Building- School Staff, Students, or Corporate Retreats / Conferences
- In School Conferences, Pre-planning or Seminars
- Human Resources Seminars

## Court Referrals

- 8 Hour Anger Management Classes
- 6 Hour Teen Anger Management Classes
- Substance Abuse Treatment and Assessments

## Counseling & Therapy

- Individual
- Social Skills Groups, Day Camps & Summer Camps
- Couples - Gottman & EFT
- EMDR Trauma Therapy & DBT
- Family Therapy
- Rapid Resolution Trauma Therapy
- Sports Psychology
- Career Coaching
- Sand Therapy & Play Therapy
- Experiential & Adventure Based Therapy
- Coaching and Image Enhancement
- TB - CBT
- ADHD Coaching
- Sober Coaching

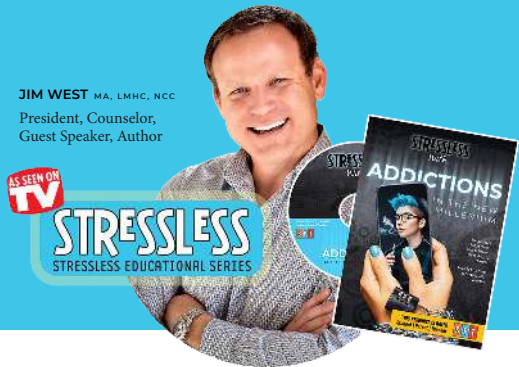
**AS SEEN ON TV** Our subject matter experts have participated in over 200 national & local news interviews.



STRESSLESS PRODUCTS

Struggling with ADHD, ASD or Defiance? It's Time to StressLess!

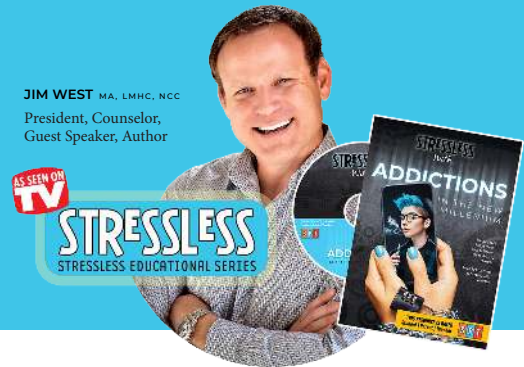
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Guest Speaker, Author



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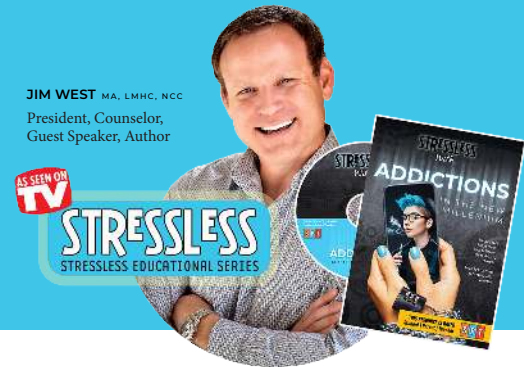
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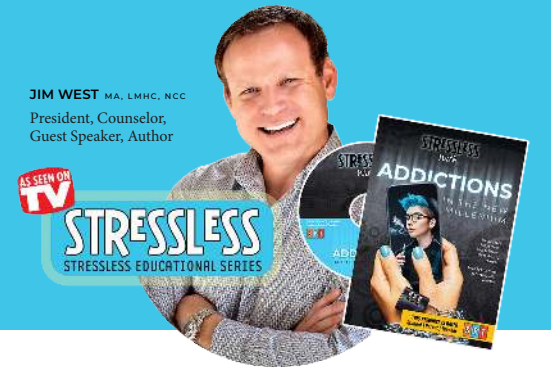
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Book Jim West to speak at your school or organization on these StressLess Topics:

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## Corporate & Professional Speaking Engagements

Are you frustrated with boring presenters? Looking for Experts that also have a personality? Our TLC Professional Communicators are your answer! We have years of experience providing expert advise for Local and National Media, Seminars and Consultation for Business, Colleges, Private and Public Schools throughout Florida!

- Improving communication skills for employees
- Professional writing: Email etiquette
- Stress Management and Work Life Balance
- Substance Abuse: Workplace Employees
- Alternatives to Medication for Mental Health
- Survival Strategies: Bringing Baby Home
- Domestic Abuse Visits the Workplace
- Managing Stress on the road
- Building Resiliency
- Avoiding Burnout
- Emotional Intelligence
- Mental Toughness
- Art of Negotiation
- Sex/Communication
- Negativity in the Workplace
- Healthy vs. Unhealthy Relationships
- Anti-Harassment: Workplace
- Multi-Cultural Awareness Seminar

### SCHOOL OR NON-PROFIT TALKS

- Electronics and Video Game Addictions
- Relational Aggression: Bullying & Adolescent Girls
- StressLess with Bullying: How to Fly Under the Bullies Radar
- Nicotine and THC Vaping Addictions
- Career Transitions
- StressLess with Transitions From High School to College

And Many More Talks

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