

# The Joy & Wellness Center PLLC

615 E Pioneer, Suite 204  
Puyallup, WA 98372

## **The Joy and Wellness Center**

The Joy and Wellness Center is a comprehensive mental health center designed to improve health and wellness in our community. Our providers stem from various training backgrounds, including clinical psychology, mental health counseling, and clinical social work. We focus on identifying client needs through evaluations and testing, providing treatment through various counseling modalities (individual, couples, family, groups) and theoretical orientations (CBT, Solution Focused, ACT, Mindfulness, EMDR, CPT, etc.), and using state-of-the-art technology to perform QEEG Brain Mapping and Neurofeedback to enhance client outcomes and overall mental health. We work primarily with clients using private insurance or other private pay options.

We currently have 12 full-time and part-time providers (both independent and associate level licensure status), a master's level counseling student, a doctoral level psychology student, and two mental health technicians, along with reception and billing support staff on-site. We have three staff psychologists available to provide clinical supervision for doctorate level students along with two licensed independent clinical social workers for MSW students.

## **Mission Statement**

Our mission is to provide innovative, holistic mental health services to children, adolescents, adults, couples, and families in the most caring environment possible. We believe it's important not just to treat mental illness, but to promote mental wellness. Our team of friendly, professional providers offer therapeutic interventions that are based on empirical research combined with years of clinical training and experience in order to help improve the emotional health and wellbeing of our community.

## **Vision Statement**

We have a long-term vision of collaborative, holistic care with healthcare professionals of various disciplines to address the mental and physical health needs of our community.

## **Core Values**

Collaboration: We make the best progress when we work together with our clients, our colleagues, and our community at large. We strive to build a workplace where providers are supported by each other in order to provide the best possible support to their clients.

Growth: We are always seeking to learn through new research and implement the best practices to provide our clients with the best treatment available. We accomplish this through ongoing training, mentorship, and consultation with other professionals.

Persistence: Growth comes with hard work. We aim to help our clients and our team face challenges with courage in order to achieve the goals they have set for themselves. We can do hard things!

Joy: We want our team to feel passionate about the service they are providing to our community and to enjoy coming to work. We also want our team to be able to provide the best possible care to our community, which means making sure they have time to play and connect, to maintain a work-life balance.

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Hope: We aim to help clients and staff work toward being the healthiest version of themselves. With hope, anything is possible.

## Services

- Individual Therapy for adults, teens, and children
- Couples Therapy
- Group therapy
- Telehealth services (therapy for teens and adults only)
- Diagnostic evaluations
- Psychological testing (cognitive, memory, personality, academic testing, etc.)
- Cognitive Performance Testing
- Quantitative Electroencephalogram (QEEG)
- Neurofeedback
- Career Interests Assessment
- Pre-employment Evaluations for law enforcement, first responders, homeland security, etc.
- Return-to-work evaluations post critical incident for law enforcement, first responders, homeland security, etc.
- Independent Education Evaluations
- Functional Behavior Assessments

## Training Model

Growth is at the core of what we do as mental health providers. Given that, our supervision training is based on a developmental model. We provide students with caseloads consistent with their abilities as a therapist and work to expand on those abilities over time. We actively supervise, support, and train our students and staff to help enhance their knowledge and skills while also trusting in their abilities as they develop professionally. We encourage collaboration and consultation between students and providers with our open-door policy and weekly clinical team meetings to foster an environment where everyone learns from each other.

## Student Responsibilities

As clinicians in training, students are expected to:

- Perform intake interviews with assigned clients;
- Provide accurate diagnoses using the DSM-5-TR;
- Make and use treatment plans using the Advanced Wiley Treatment Plan;
- Maintain up-to-date and accurate records of treatment in our EHR system (i.e., intake notes, treatment plan, progress notes, chart notes, termination summary, etc.);
- Provide empirically based treatment in individual therapy to children, teens, or adults based on needs and preference;
- Provide both in-person and telehealth therapy services;
- Provide regular cognitive performance testing and symptom report measures and review results with clients to measure treatment progress;

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- Complete safety planning and on-going follow-up with clients as needed;
- Attend regular supervision meetings with clinical supervisor;
- Attend weekly clinical meetings with on-site clinical staff;
- Attend biweekly training meetings for student and associate level providers;

### **Additional training options:**

As appropriate, students may also have the option to perform the following services if desired:

- Psychological testing, scoring, and report writing
- Quantitative Electroencephalogram (QEEG) administration
- Neurofeedback training
- Group therapy (both process and psychoeducational groups)
- Career Interest Assessments

Current as of January 12, 2024