

OPTIMAL WELLNESS IS THE FOCUS

While many treatment options focus on reducing symptoms and problems, many do not focus on the road ahead, to what wellness can be. Most interventions seem to be entered around targeting the symptoms and not targeting wellness. When this focus is shifted away from the illness and more on wellness, real change can occur. Motivation increases and longer lasting health benefits can be achieved. In our services we will not ignore symptoms or problems but we put them in the perspective that these are just obstacles to being well and achieving what really makes you happy and content.



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GROUNDED WELLNESS SERVICES

TREATING ADDICTION, CHRONIC PAIN, AND TRAUMA



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SOMETHING BETTER



Moving past dependency and emotional/physical pain takes not just life change but transformational change. Many times people create life change only to have old habits and struggles return. They find themselves back in the same place in which they started in. At Grounded Wellness Services we try to not only understand your current habits and how you got where you are but really and truly map out the course of change you want to make for long-term success. We take time to look at daily habits and how to create newer more positive healing habits each day. We re-evaluate and try a new step when one course does not work. We stick with you to get the life you want which may include helping you figure out what you want. You only need to know that you want something better to begin our services.

ABOUT THE PRACTITIONER

Amanda is a Licensed Clinical Addiction Specialist and a Licensed Clinical Social Worker. She is trained and licensed in NC to work with individuals that struggle with emotional and behavioral concerns and/or substance use and dependency concerns. She has been in the mental health field since 1998 and has had much experience working with individuals with chronic pain, addiction and trauma. In her practice she uses cognitive behavioral therapy and motivational enhancement therapy along with mindfulness training to help initiate transformational change. Amanda brings a light hearted nature to her practice and treats each individual with kindness and validation. She believes in the power of finding one's laughter and using its healing power to overcome fear and anxiety.

Amanda also is a registered yoga instructor and her services include yoga and meditation instruction. Amanda's practice is located in a center that also employs massage therapists, physiotherapists, naturopaths, and nutritionists. Amanda at times will collaborate and partner with these and other practitioners to help create a holistic treatment plan for individuals served.

SERVICES

Free consults

Assessments

Individual and group counseling and wellness coaching

Walking Group Therapy*

Yoga Posture and Breath Classes

Meditation classes

Referrals



*see website for more details

Grounded Wellness Services
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