



Gomez Counseling and Consulting Services (GCCS)
Trauma Healing and Recovery Center
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Jeanna Gomez is the owner of Gomez Counseling and Consulting Services (GCCS), and Trauma Healing and Recovery Center. Jeanna is a Trauma and Relational therapist who utilizes Somatic Experiencing including SE Touch work, Integral Somatic Psychology, Brain Spotting, EMDR, and Post Induction Therapy Model (PIT) in her work with clients. GCCS offers private counseling to individuals, couples, and groups utilizing Pia Mellody's PIT therapy model as a foundational model to heal developmental trauma, relational trauma, codependence, anxiety disorders and addictions.

In addition to her training with Pia Mellody, she utilizes Peter Levine's Somatic Experience (SE) and Francine Shapiro's Eye Movement Desensitization and Reprocessing (EMDR) with clients who have experienced shock trauma, including childhood trauma. Brainspotting, developed by David Grand, Ph.D, and Integral Somatic Psychology (ISP), developed by Dr. Raja Selvam has become additions to the forms of therapy that Ms. Gomez uses with clients. She has found Brainspotting to have amazing results with clients healing from developmental and shock trauma, performance anxiety, phobias, and sports related traumas. ISP has allowed for more growth with clients who have experienced difficult emotions as a result of trauma. It provides tools to assist clients with the embodiment of emotions which results in movement of negative energy patterns in the persons whole system.

She is devoted to providing healing from trauma and has found these models to be most effective. Jeanna also conducts her own intensive workshops and groups entitled "Mending Boundary Ruptures, a Somatic Healing Workshop", "Ignite! Your True Self: Reclaim your Warrior Goddess A Women's Empowerment Circle", and "Living Life Claiming Your Voice" to name a few. Take a look at the GCCS website for more information, including upcoming intensive workshops and groups.

Jeanna holds a Masters of Social Work degree from the University of Houston, and a Bachelor of Arts degree in Sociology from the University of Texas at Austin. She is a Licensed Clinical Social Worker, a Licensed Alcohol and Drug Abuse Counselor, Certified Professional Coach, a Somatic Experience Practitioner, Certified Brainspotter, Certified EMDR therapist, Bodywork and Somatic Education Practitioner, Holy Fire Reiki Master, Warrior Goddess Training Facilitator and the Lead Assistant for Somatic Experiencing Houston & St. Louis Trainings.

