The Jon Thomas Group Inc.

Because you matter and your resilience matters

Dr. Jon Thomas to Present Virtual Event on Nurturing Mental Wellness Amidst the Uncertainty of the Pandemic

October 01, 2021

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The Jon Thomas Group Inc is happy to announce that Dr. Jon Thomas, Ed.D., LCPC, will be presenting a virtual event on October 17, 2021 at 7:00 pm EDT to provide some seasoned advice on how to nurture mental wellness amidst the uncertainty caused by the enduring presence of the pandemic. Dr. Thomas has been researching and working with various people on coping with burnout for 20 years, and he offers counseling to deal with depression, anxiety, anger, and relationship conflict.

Studies have indicated that doctors, counselors, social workers, nurses, pastors, managers, teachers, supervisors, and CEOs have been facing difficulties that caused them to suffer burnout and not having enough energy to be effective in their work and in their family and personal relationships. Dr. Thomas offers help to professionals and professional organizations in developing customized plans to ease the problems that are related to burnout or avoid it altogether. He is offering telehealth counseling using a secure, HIPAA compliant system that provides a private video chat feature allowing him to offer secure online counseling and also to manage his notes, appointments, and billing requirements.

Dr. Thomas says, ?I have been working with individuals, couples, and families in the Maryland area for 20 years. During my time here I have had the privilege to serve as a college chaplain, youth pastor, university professor, and mental health clinic director. I specialize in helping other professionals fight off burnout and establish an effective work/life balance. This become increasingly important with the additional stress Covid-19 has placed on all of us. At present I divide my time between serving mental health and substance abuse clinics as a clinical supervisor and consultant and running a thriving private practice.?

This virtual event will be hosted by Ms. Christine Williams, a Dialectical Behavior Therapy (DBT) certified therapist. She will be presenting the questions of participants and will be following up with Dr. Thomas. Those who want to register can do so through an online form on the Ask Doc Jon website.

Ms. Christine Williams is DBT certified and has master training in trauma, emotional freedom technique (EFT) / tapping and eye movement desensitization and reprocessing (EMDR) and will work with people to tailor-make a treatment plan to meet specific needs and goals. She has been practicing for eight years and her specialties are: trauma and PTSD, depression / anxiety, grief / life transitions, and chronic pain.

EMDR is an information processing therapy that is used to help people cope with trauma, phobias, and addictions. EMDR therapy makes it easier to access and process traumatic memories and other adverse life experiences to bring them to an adaptive resolution. During the EMDR therapy, the client focuses on emotionally disturbing material in brief sequential doses while at the same time focusing on an external stimulus. This external stimulus is made up of a variety audio stimulation, hand-tapping, and therapist directed lateral eye movements. A successful EMDR therapy may result into the reformulation of negative beliefs, the relief of affective distress, and reduction of physiological arousal.

EFT tapping is an alternative acupressure therapy for restoring balance to a person?s disrupted energy. In the same way that acupuncture is focused on meridian points, EFT uses fingertip tapping on meridian points to restore balance to the body?s energy. The idea is that the restoration of this energy balance may help in relieving the symptoms caused by a negative emotion or experience.

DBT is the treatment that is commonly used for borderline personality disorder (BPD) and it is practiced by therapists in both individual and group sessions. It combines elements of cognitive behavioral therapy (CBT) to help with the regulation of emotion through distress tolerance and mindfulness. The purpose of DBT is to alleviate the extreme emotional pain that comes with BPD.

Those who are interested in the counseling services offered by Dr. Thomas can check out the JTG website, or contact them on the phone or through email. Those interested in the upcoming virtual event can register

for the event at the Ask Doc Jon website. Dr. Thomas says, ?We invite you to register and share your question.?

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The high stress challenges faced by many professionals that can leave them drained of the energy and inducing burn-out. I help professionals tailor design plans to help alleviate the problems associated with burnout or avoid it altogether.

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