

# Jeanetta Garrison, MSW, LCSW

Therapist | Speaker | Consultant



Jeanetta Garrison is a Licensed Clinical Social Worker and founder of Crown Counseling & Consulting. She is an EMDR therapist and Certified Clinical Anxiety Treatment Professional with over a decade of experience. Her specialty is helping high achieving professionals calm their brain and body so they can have fulfilling lives without anxiety getting in the way. She partners with organizations to improve the psychological well-being of individuals and the collective.

## Signature Topics:

### Psychological Safety in the Workplace

- psychological safety to improve performance, increase productivity, boost profits, & retain top talent

### Reducing Anxiety Among Senior Leadership

- practical strategies for anxiety reduction & stress management

### Restorative Sleep for High Achievers

- understanding the connection between healthy sleep hygiene habits, problem solving, & creativity

### The Healing Power of Community

- cultivating & nurturing friendships while adulting
- belonging as a protective factor to reduce suicide risk

## Appearances



## Partner with Jeanetta





Crown Counseling & Consulting

# Jeanetta Garrison, MSW, LCSW

Therapist | Speaker | Consultant

Jeanetta Garrison is a Licensed Clinical Social Worker and the founder of Crown Counseling & Consulting, a counseling practice based in Charlotte, NC. In her practice, she virtually supports North Carolina and Florida residents. She is a compassionate therapist who believes in the whole-person approach to mental health and healing.

The travel bug bit Jeanetta early on, and was solidified during her time as a Military & Family Life Counselor. During her six years in this role, she provided mental health support to active duty service members and their families in the US and abroad. While working overseas in places like Italy, Germany, Guam, and Bahrain, she enjoyed cultivating relationships with people from different walks of life and considers herself a citizen of the world. This experience also solidified her as a foodie and history nerd.

As an EMDR trained Certified Anxiety Treatment Professional with over a decade of experience, Jeanetta walks alongside her clients on their journeys from pain and overwhelm to hope and resilience. Her specialty is helping high-achieving professionals reduce anxiety and achieve more fulfilling lives.

In her spare time, she enjoys listening to podcasts, taking naps, and watching elephant videos online.



## Partner with Jeanetta



[crowncounselingandconsulting.com](https://crowncounselingandconsulting.com)

[hello@crowncounselingandconsulting.com](mailto:hello@crowncounselingandconsulting.com)