



Jimmie Brown LMFT, PPSC

Jimmie is a Lion Pride Leadership executive partner who has held his private practice for over 15 years. He is currently a clinical supervisor for the Oak Grove School District mental health support team. He is an established motivational and keynote speaker in San Jose, CA and South Bay area.

Lion Pride Leadership (LPL) Consulting, LLC
Established in March 2018, LPL's vision is to facilitate effective communication, support emotional awareness, and empower action amongst individuals, groups, and communities to foster healthy leaders.

Michael is a Lion Pride Leadership executive partner with 18 years of mental health experience. He is currently a therapeutic counselor for San Jose Unified School District. He is an Associated Clinical Social Worker through the University of Southern California master's program supporting various educators and community providers.

Michael Johnson ACSW, PPSC

Workshop Topic:

Therapeutic I.C.E. - Emotions Management Intervention

Therapeutic I.C.E. empowers the user to identify their value and feelings, care for those feelings, and evaluate a course forward, creating personal and collective growth that leads to resolution. The focus of I.C.E. is on accountability, ownership, and effective solutions amidst extremely charged emotional situations and interactions. The goal is to master the Therapeutic I.C.E. process as a personal intervention applied regularly and replicated to utilized and support others as they struggle with their emotions.

Objective 1

Identify and define activated emotions caused by direct or indirect interactions.

Objective 2

Identify at least four self-care strategies with intent to soothe emotional discomfort and regain clarity.

Objective 3

Establish solutions by utilizing learned experiences to demonstrate emotional recovery and reset communication boundaries.

Rate for this workshop

Contact for quote

Testimonials:

SJPD CIT EVENT in 2021

"They did [an] awesome job explaining the concept of ICE and how they applied it to their lives. I was even able to apply it to my own life. They were easy to follow and understand."
Anonymous, 2021

"I think these guys did great. It was essentially a self-assessment, but also pseudo-therapy session. It helped me a lot for myself and some coworkers who would never get themselves therapy."
Anonymous, 2021

"This team was extremely inspiring. The tools they introduced and methods they showcased were thought provoking and helpful. The story examples and passion were a blessing to hear."
Anonymous, 2021

For more detailed information on LPL presentation topics or to book them for your event please contact them at:

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Services Offered:

- Multi-Profession Consulting
- Multicultural Education
- Socially Inclusive Processing Groups
- Custom-Designed Workshops
- Inspirational Public Speaking
- Trauma-Informed Interventions

