

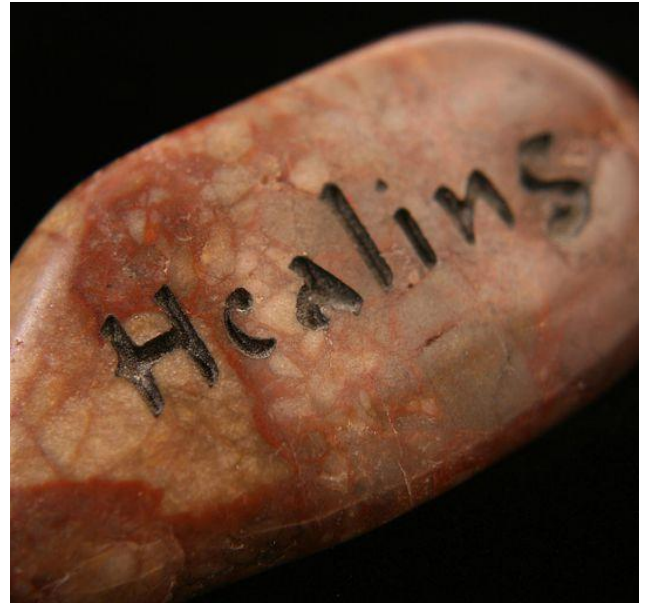


Peaces 'n PuzSouls

Journies thru Healing

TESTIMONIALS

I am truly forever thankful!



Dr. Sweeney offers a safe space to be authentic and vulnerable without feeling judged. She understands the challenge of being a BLACK professional in a world that often asks us to choose between our blackness and our profession. Her educational background and lived experience in the black community positions her well to relate to me as I heal. Dr. Sweeney is patient, reflective, thoughtful, and humble offering a space to work on the whole person. It's evident she has a special gift and you can feel her spirit as God works through her. Her desire to help others heal is evident in her practice as she has helped me put my **Peace** back together.

INDIVIDUAL PSYCHOTHERAPY CLIENT

You have been the best therapist I've ever had! I've had others before, and they may be helpful for someone else, but you were the most helpful for me. I started in a bad place with my situation and those involved; constantly getting misdiagnosed, and always seeking help. It wasn't until you, where I found proper diagnosis, and proper help. From that point forth, your work has helped me continue to grow positively. I went from homeless to now making moves to own my own house! Some may think that talking to someone couldn't do something as drastic as that, but it can and did in reality. With your help, I was able to let past traumas heal and move forward with my journey. **I am truly forever thankful!**

P.s. It feels good to see some black representation in the work you do. Often I'm given a white therapist who doesn't know how to help because they never walked a mile in my shoes. It's not their fault, and some are really helpful. However, it changes the game to be able to receive help and look up to a black woman in this business. Representation matters and has left a big impact on me.

INDIVIDUAL PSYCHOTHERAPY CLIENT

Sheila helped me in so many ways. She never pushed me too hard or said that's not the right thing to be talking about; she allowed me to meander through the process of figuring out why I felt certain ways and why I was doing certain things. She did insist on finding the patterns because that was a key notion to life choices, recurring themes to be known so I could move on and perhaps make changes for the better. She even allowed many moments of silence and the discomfort of not knowing what to say next or what was needed; it was very organic and actually quite thoughtful. I have a great appreciation for Sheila and her unique style of therapy. When I "graduated," I was so surprised that I had spent so many hours of real work on myself when it had been like talking to a good friend. Here's to many more people finding their own truths and leaving the past where it belongs through Sheila's practice.

INDIVIDUAL PSYCHOTHERAPY CLIENT

Dr. Sweeney is a tremendous gift to the community. Her calm, supportive presence, knowledge, and ability to share her insights about the truths told during sessions is not only accurate but truly a spiritual experience.

INDIVIDUAL PSYCHOTHERAPY CLIENT

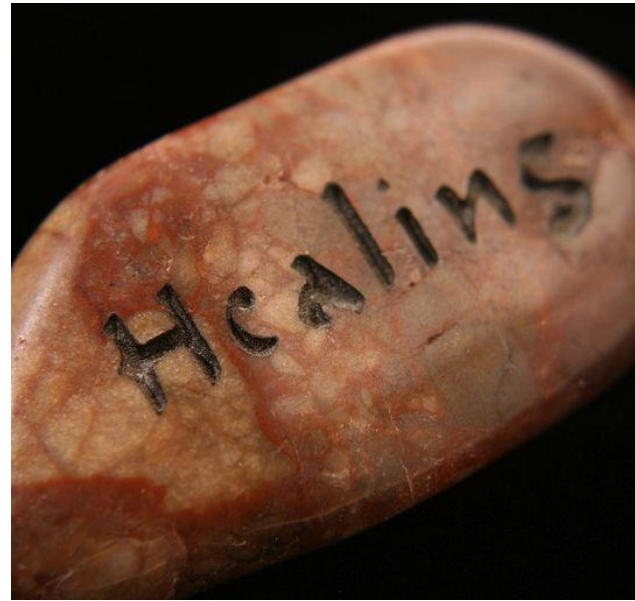


Peaces 'n PuzSouls

Journies thru Healing

AGENCY-SYSTEMS CONSULTATION

- Reflective consultation is an active process of being conscious of what you did and why you did it. You also think of why someone else might react or interpret something a certain way based on their past experiences, trauma, etc.
- Reflective consultation with Dr.Sweeney is the process of exploring one's own thoughts, feelings, attitudes, and behaviors.
- Dr. Sheila's reflective consultation is a safe space to support one another through the difficult and emotional situations that arise in our work.
- Provides a safe place to explore the professional use of self.
- Each participant is able to share as well as listen to what other staff are experiencing. Frustrations are able to be worked through.
- We look at how we feel about our work and each other,
- Reflective consultation provides people with an opportunity to process various experiences, feelings, thoughts and actions in a setting that facilitates making meaning, connections, and awareness in a productive and applicable way.
- "How to" process feelings in a more constructive, healthier way.
- Seeing situations through more than one lens.
- Reflecting on past experiences and behaviors to understand thoughts and feelings to move forward with tools that improve future interactions and experiences.
- She is a person who listens to what we are saying and then gives us her feed back on how to address the situation . Its helpful because she is not a part of our staff and
- therefore has no bias.



TESTIMONIALS

AGENCY-SYSTEMS CLIENTELE

**Provides a safe place to explore
the professional use of self!**



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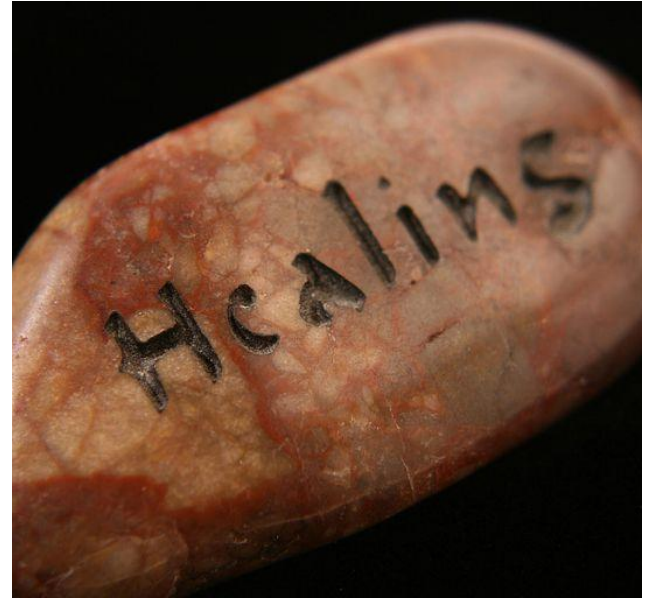
PsychoEducation & Training Consultation

- "I wish had more time in this class to learn more.
- Dr. Sweeney has a lot of knowledge and experience to share. I think the content in the modules could be added to in order to bring more of her expertise into the content done outside of class, such as through recorded lectures.
- I really appreciated the assignments we had and the in-class time we had. I have worked with clients experiencing mental health for some time now but this really took my knowledge and understanding to a completely different level. Thank you for your knowledge!!
- Dr. Sweeney was a wonderful teacher and offered a great lecture on the three class meetings. I would suggest a recorded lecture/powerpoint with each module to pull the material together for the students and apply to real life. I think that would have made this course awesome. That being said, Dr. Sweeney was phenomenal and I would love to take a future course with her.
- Awesome class! I learned a lot.
- I appreciated how approachable the teacher was and how she encouraged learning and doing our best. I also appreciated and learned from the emphasis in self-care and checking in with each other.
- I enjoyed this class a lot and felt like I learned quite a bit.

POST SECONDARY STUDENT FEEDBACK

TESTIMONIALS

Fan-freaking-tastic!



TESTIMONIALS

- I liked that the workshop I went to was structured around a study that the presenter completed. It intertwined education and real life effects for the individuals in her study.
- Dr. Sweeney's technique in engaging clients will helped me better approach the community and my clients. It was a very interesting content and technique with brilliant results.
- I would like to see Sheila do presentation on her practice and how she work with people of color and mental health.
- This was a great training and a wonderful presenter, maybe a few minutes longer for lunch-since we had to leave the premises and find parking it felt really crunched.
- I enjoyed and learned a lot in a comfortable environment. The style and the knowledge of the presenter, Dr. Sweeney, was amazing. Many thanks, Dr. Sweeney

2020 CONFERENCE ATTENDEES' FEEDBACK EARLY CHILDHOOD FOCUSED TRAINING



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Journies thru Healing

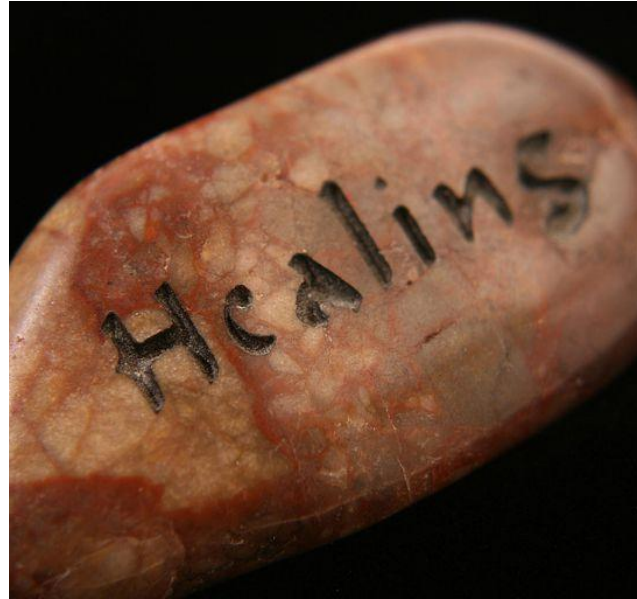
PsychoEducation & Training Consultation

2019 CONFERENCE ATTENDEES' FEEDBACK

The Partnering Professional Training

- This was by far the most engaging and relevant session. Really helpful discussion.
- Thanks for planting seeds. Authentic listening is key!
- Keep going! I love your approach and topic. This is very applicable to our work and I'm walking away with a lot. Thank you for giving these women a voice!
- Such important work. Story is the center of the work for caregivers. You don't understand me until you have some knowledge of my story. When people feel heard, understood, they are affirmed they can be empowered, healed, grow and learn. Our systems and western quantitative data driven ways of helping make this so much more complicated than it has to be- thank you!
- Love! Sheila rocks. I am hoping this very important research gets published and I hope to bring this to my work and empower me to lean into asking uncomfortable questions in compassionate ways.
- Very relevant info for all types of services providers-thank you!
- Leaving with hope, curiosity and wishes for so much more time with this presenter.
- So relevant and necessary.
- Sheila's research is so valuable for the early childhood professionals. I can't wait to read her published work!
- Awesome, helpful content and so thought provoking
- Amazing presenter-very interesting research and connection to clinical work.
- I liked that this workshop was structured around a study that the presenter completed. It intertwined education and real life effects for the individuals in her study. **Fan-Freaking-tastic!**

TESTIMONIALS



- Really want to read the study. Dr. Sweeney is such a dynamic speaker. Really passionate and gracious about her topic. Really pulled participants in.
- Dr. Sweeney's research was very informative and gave me a more focused way to build a relationship with clients. So helpful.
- You should share this with agencies!
- Dr. Sweeney's presentation introduced a very interesting informative and important research topic that I can use in my work with families. I appreciate her examples that provided clarity to the information on the slides. I would love the opportunity to read her full dissertation.
- Discussion about the "how" is so needed. Great presentation. Presenter is skilled.
- I'd be interested in going deeper into methods for reflective questioning and encouraging engagement as a bidirectional effort.
- Dr. Sweeney expanded my thinking and offered information to encourage reflection. She has so much to share and we have much to learn from her.