

# TRINITY WELLNESS COUNSELING & YOGA ENHANCES BODY, MIND & SPIRIT

— Sandy Conrad  
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Jamee Kerkman is owner of Trinity Wellness Counseling & Yoga, located at 123 W Washington Street, Suite 326 in Oswego (630/204-1101). Her professional credentials include a Licensed Clinical Professional Counselor, a Certified Yoga Teacher and Hypnotherapist. The purpose of her business is to enhance Wellness of Body, Mind & Spirit.

For fifteen years, Jamee worked as an Administrative Assistant for a manufacturing company. She was promoted to a project management position which she held for two years, and then became a Manager of Customer Service, Shipping and Receiving, and Production Scheduling for another four years.

However, Jamee felt that she wasn't doing anything significant to help others while helping a corporation make money. Therapy was her original passion and so she returned to school to pursue a Master's Degree in Clinical Psychology. Since 2008, she has worked professionally as a counselor and opened Trinity Wellness in 2013. In January, 2017, she will celebrate her fourth anniversary doing what she loves.

She took the Lotus Flower as her logo because it emerges from murky water pure. To her, it symbolizes that no matter what trials and tribulations we face, ultimately we are resilient.

She serves her clients by means of a holistic and naturally therapeutic intervention for wellness approach which seeks to address issues by means of counseling, exercise and nutrition. The entire individual is treated to improve psychological, physical and spiritual health to achieve balance and enhanced wellbeing.

She obtained her Yoga Teaching Certificate in 2014 and has blended in that discipline with counseling but also has some students who participate in Yoga only (Beginner to Intermediate level Vinyassa Flow method).

Trinity Wellness offers counseling for Adults, Couples, Adolescents and Children. The main focus of her counseling relates to Anxiety, Depression and Healing of Relationships, Parenting for Behavior Change, Anger Management, and Trauma & Grief.

Treatment can include Behavior Therapy, Mindfulness and Coping Skills, Meditation, Relaxation Techniques, Clinical Hypnosis, Exercise, Nutritional advice and recommendations and Aromatherapy.

Call Jamee Kerkman at Trinity Wellness Counseling and Yoga to learn if she can make a difference in your life.

