

TOTAL TRANSITIONS MINISTRY, LLC

WHERE YOUR OVERALL CHANGE IS OUR BUSINESS!



LADY RENETTA D. WEAVER, LICSW, MAC

AUTHOR, CERTIFIED TRAINING FACILITATOR & SPEAKER

Affectionally known as “The Unstuck Queen” Renetta D. Weaver is a native Marylander who was born and raised in Prince George’s Co. In 1993 and 2001, respectively, she earned a Bachelor’s Degree in Sociology-Corrections from Towson State University and Master of Social Work degree from the University of Maryland. As an active member of Mt Ennon Baptist Church, Lady Renetta is the Ministry Leader for over 100 Greeters. In 2017, she was hand selected by Dr. Neteira Anu as the clinical therapist for the Anu Practice of Life Coaching & Metaphysics and was awarded as the “Civilian Volunteer of the Year”, by the 779th MDOS-Joint Base Andrews, in recognition of her work towards healing grieving moms of murdered children across DC, Maryland and VA and addressing conflict and violence in the community.

For the past twenty-five years, Lady Renetta has worked as a clinical social worker across MD and DC including Coldspring Head Start (pre-school), Baltimore Co. Juvenile Justice (probation), Mentor MD (therapeutic foster care), Washington Center for Aging Services (senior services), Washington Home and Hospice (terminally ill) and with the Military (Trauma/Addictions). She is a member and internet television co-host of Black Therapists Rock (removing mental health stigma in the Black community), a co-host of the PSA Lady internet show (bridging mental health & Hair Salons), Certified Neuroscience Coach, Certified Integrative Therapies and Emotional Freedom Technique Practitioner, Prepare-Enrich Facilitator and Problem Gambling Educator. She is currently the Clinical Director at the Intensive Addiction Services Program at Joint Base Andrews, MD.

Lady Renetta integrates Neuroscience, Complementary Alternative Medicine (CAM) and social work practices in secular and faith-based settings. She is passionate about healing micro, mezzo, and macro conflict through encouraging courageous conversations through vulnerability. Lady Renetta is an advocate for change and believes that we all have a right to change our minds.

KEYNOTE/WORKSHOP TOPICS

- Conflict as a Catalyst for Change
- Overcoming Addictions Using the Power of Integrative Medicine
- Empower Your Life by Understanding the Neuroscience of Relationships, Education, Entrepreneurship, Health, and Spirituality.
- What’s Eating You? Break the Stall and Stop Carrying the Physical and Emotional Weight
- Clergy & Lay Ministers Addressing Problem Gambling
- It’s Only A Test: Emotional Freedom Technique (EFT) for reducing test anxiety Resolving
- Compassion Fatigue through Intentional Self Care for Ministry Leaders
- Self-care for Those Who Care for Our Beauty and Hair

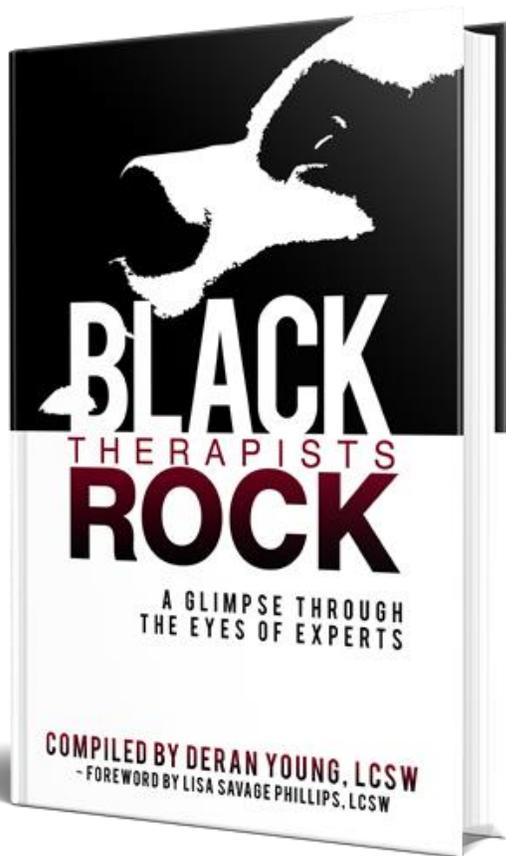
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YOUR OVERALL CHANGE IS OUR BUSINESS!

What's Eating You?

Freedom from Physical and Emotional Pain.

“God has a purpose for your pain, a reason for your struggle and a reward for your faithfulness. Trust him and don't give up.”

@godquote.org

After learning of my adoption and subsequently being sexually molested as a child I coped with these trauma experiences by eating myself to over 250 lbs. Along with developing high blood pressure, being pre-diabetic and suffering with physical pain in my joints I had low self-esteem, guilt/shame, depression, and was suicidal. I learned how to use traditional therapy and integrative modalities to address conflicts in relationships with myself and others. In this anthology, you will hear from Mental Health experts about how you too can address trauma, addiction and other issues that keep us in bondage.

Read about my journey and that of 15 mental health professionals share their paths towards true healing.

Order here:

<https://www.blacktherapistsrock.com/renett>

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BLACK THERAPISTS ROCK

THE BLACK COMMUNITY IS OFTEN THOUGHT OF AS AN ONGOING SAGA OF RELIANCE, INCREDIBLE STRENGTH AND PERSEVERANCE, IN SPITE OF A BRUTALLY HARSH PAST. HOWEVER, THE OBVIOUS CONNECTION BETWEEN MENTAL HEALTH AND RACIAL OPPRESSION, HEALTH DISPARITIES, CULTURAL DIFFERENCES, SOCIETAL FACTORS, POVERTY, AND REDUCED QUALITY OF LIFE, OFTEN GOES UNSPOKEN. THOUSANDS OF BLACK PEOPLE ARE SUFFERING IN THE SHADOWS WHILE MAKING EVERY ATTEMPT TO BE SEEN.

ALTHOUGH THERE IS NO SINGLE NARRATIVE, MENTAL HEALTH AND PSYCHOSOCIAL WELLNESS UNDERPINS MANY OF THE CHALLENGES EXPERIENCED BY BLACK PEOPLE.

BLACK THERAPISTS ROCK HAS BECOME A MOVEMENT THAT IS PASSIONATE ABOUT LOUDLY SPEAKING OUR VARIED TRUTHS TO BEGIN THE HEALING OF EMOTIONAL WOUNDS THAT ARE MULTIPLE GENERATIONS DEEP. ALTHOUGH WE MAY NOT BE THE CAUSE OF THIS DEEP SEATED PAIN, IT IS OURS TO BEAR AND SOOTHE. THE PROFESSIONAL PERSPECTIVES SHARED IN THIS BOOK, STRIVE TO INSPIRE HOPE, BEYOND THE DIVORCE COURTS, HOUSING DEVELOPMENTS, EMERGENCY ROOMS, DOMESTIC VIOLENCE SHELTERS, BROKEN HOMES, JAILS/PRISONS, HOMELESS CENTERS, WELFARE OFFICES, OR FOSTER CARE SYSTEMS. NONE OF US ARE IMMUNE. STATISTICALLY, WE ALL HAVE AT LEAST ONE RELATIVE THAT HAS EXPERIENCED ONE OR MORE OF THESE SITUATIONS. AND NOW, WITH OUR #VILLAGEMENTALITY, WE CAN HAVE AND OFFER, AN HONEST AND TRUE SOURCE OF HEALING, WITH COMPASSION, FORGIVENESS AND GENUINE CONNECTION FOR OURSELVES AND OTHERS.

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